

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------|-------------|---------|---------|-----------------------------------|----------------|-------|------------|
| Marilyn Gregory | 400 Meter | 0:01:09 | 0:04:36 | USATF Masters Championships | Winston-Salem | NC | 7/17/2014 |
| Sam Cunkelman | 800 Meters | 0:02:20 | 0:04:40 | Laurel Highlands 7 & 8 Grade Meet | Loretto | PA | 5/5/2014 |
| Marilyn Gregory | 800 Meter | 0:02:49 | 0:05:38 | USATF Masters Championships | Winston-Salem | NC | 7/17/2014 |
| Angel Piccirillo | 1500 Meter | 0:04:17 | 0:04:36 | Penn Relays | Philadelphia | PA | 4/25/2014 |
| Marilyn Gregory | 1500 Meter | 0:05:33 | 0:05:57 | USATF Masters Championships | Winston-Salem | NC | 7/17/2014 |
| Marilyn Gregory | 1500 Meters | 0:05:40 | 0:06:05 | Three Rivers T & F Championships | California | PA | 6/22/2014 |
| Roman Tate | 1600 Meters | 0:04:48 | 0:04:48 | Heritage Conference Championships | Armagh | PA | 5/6/2014 |
| Roman Tate | 1600 Meters | 0:04:58 | 0:04:58 | PIAA District 6 Championships | | | 5/13/2014 |
| Sam Cunkelman | 1600 Meters | 0:05:09 | 0:05:09 | Laurel Highlands 7 & 8 Grade Meet | Loretto | PA | 5/5/2014 |
| Hannah Fulton | 1600 Meters | 0:05:16 | 0:05:16 | PIAA District 6 Championships | | | 5/13/2014 |
| Hannah Fulton | 1600 Meters | 0:05:18 | 0:05:18 | PIAA Track & Field Championships | Shippensburg | PA | 5/23/2014 |
| Hannah Fulton | 1600 Meter | 0:05:22 | 0:05:22 | Indiana County Meet | Marion Center | PA | 4/20/2014 |
| Herb Cratty | Mile | 0:05:25 | 0:05:25 | Gateway Mile | Monroeville | PA | 6/5/2014 |
| Hannah Fulton | 1600 Meters | 0:05:33 | 0:05:33 | Heritage Conference Championships | Armagh | PA | 5/6/2014 |
| Kendall Branan | 1 Mile | 0:06:10 | 0:06:10 | Healthy Kids Series | Indiana | PA | 9/28/2014 |
| John Swauger | Mile | 0:07:13 | 0:07:13 | Gateway Mile | Monroeville | PA | 6/5/2014 |
| Aileen Bowman | Mile | 0:07:38 | 0:07:38 | Gateway Mile | Monroeville | PA | 6/5/2014 |
| Izabel Druro | 1 Mile | 0:14:06 | 0:14:06 | Beach Mile On The Sand | Virginia Beach | VA | 8/30/2014 |
| David Dzuro | 1 Mile | 0:14:07 | 0:14:07 | Beach Mile On The Sand | Virginia Beach | VA | 8/30/2014 |
| Cathy Swauger | 1 Mile | 0:16:32 | 0:16:32 | Beach Mile On The Sand | Virginia Beach | VA | 8/30/2014 |
| John Swauger | 1 Mile | 0:16:32 | 0:16:32 | Beach Mile On The Sand | Virginia Beach | VA | 8/30/2014 |
| Vanessa Dzuro | 1 Mile | 0:24:28 | 0:24:28 | Beach Mile On The Sand | Virginia Beach | VA | 8/30/2014 |
| Zdeno Dzuro | 1 Mile | 0:24:29 | 0:24:29 | Beach Mile On The Sand | Virginia Beach | VA | 8/30/2014 |
| Marc Cratty | 1.70 Mile | 0:19:09 | 0:11:16 | Herb's Hayride Hour Lap Race | Butler | PA | 8/3/2014 |
| Emily Fruscello | 1.8 Mile | 0:17:48 | 0:09:53 | Diocesan XC Championship | Slippery Rock | PA | 10/17/2014 |
| Roman Tate | 3200 Meters | 0:10:28 | 0:05:14 | PIAA District 6 Championships | | | 5/13/2014 |
| Roman Tate | 3200 Meters | 0:10:41 | 0:05:21 | Heritage Conference Championships | Armagh | PA | 5/6/2014 |
| Sam Cunkelman | 3200 Meters | 0:11:24 | 0:05:42 | Laurel Highlands 7 & 8 Grade Meet | Loretto | PA | 5/5/2014 |
| Hannah Fulton | 3200 Meters | 0:11:35 | 0:05:47 | PIAA District 6 Championships | | | 5/13/2014 |
| Hannah Fulton | 3200 Meter | 0:11:59 | 0:06:00 | Indiana County Meet | Marion Center | PA | 4/20/2014 |
| Hannah Fulton | 3200 Meters | 0:12:02 | 0:06:01 | Heritage Conference Championships | Armagh | PA | 5/6/2014 |
| Molly Zack | 2 Mile | 0:17:55 | 0:08:58 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |

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| Cordelia Zack | 2 Mile | 0:20:36 | 0:10:18 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Aaron Steiner | 2 Mile | 0:25:02 | 0:12:31 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Wendy Riggerbach | 2 Mile | 0:25:32 | 0:12:46 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Natalie Bianco | 2 Mile | 0:27:55 | 0:13:57 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Jen Bianco | 2 Mile | 0:27:56 | 0:13:58 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Michael Porada | 2 Mile | 0:30:42 | 0:15:21 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Betsy Fetterman | 2 Mile | 0:38:51 | 0:19:26 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Patty Pajak | 2 Mile | 0:39:59 | 0:20:00 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Nora Jane Costanzo | 2 Mile | 0:42:12 | 0:21:06 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Jessica Yost Costanzo | 2 Mile | 0:42:12 | 0:21:06 | Run For The Trail 2-Mile Run/Walk | Dilltown | PA | 8/9/2014 |
| Matthew Cratty | 2.55 Mile | 0:28:57 | 0:11:21 | Herb's Hayride Hour Lap Race | Butler | PA | 8/3/2014 |
| Roman Tate | 5K | 0:17:02 | 0:05:30 | District 6 XC Championships | Sidman | PA | 10/25/2014 |
| Kate Remillard | 5K | 0:17:07 | 0:05:31 | Paul Galko Bulldog Crawl 5K | Nanty Glo | PA | 6/21/2014 |
| Mike Bradley | 5K | 0:17:09 | 0:05:32 | Paul Galko Bulldog Crawl 5K | Nanty Glo | PA | 6/21/2014 |
| Sam Cunkelman | 5K | 0:17:09 | 0:05:32 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Art Remillard | 5K | 0:17:10 | 0:05:32 | Bunny Dash 5K | Portage | PA | 4/19/2014 |
| Sam Cunkelman | 5K | 0:17:21 | 0:05:36 | District 6 XC Championships | Sidman | PA | 10/25/2014 |
| Tom Lipsie | 5K | 0:17:26 | 0:05:37 | BHS Class Of 2016 5K | Blairsville | PA | 5/31/2014 |
| Roman Tate | 5K | 0:17:26 | 0:05:37 | Forest Hills XC Invitational | Forest Hills | PA | 9/13/2014 |
| Tom Lipsie | 5K | 0:17:28 | 0:05:38 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Sam Cunkelman | 5000 Meters | 0:17:28 | 0:05:38 | Heritage Conf. XC | Marion Center | PA | 10/16/2014 |
| Sam Cunkelman | 5K | 0:17:29 | 0:05:38 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Chris Geddis | 5K | 0:17:37 | 0:05:41 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Roman Tate | 5000 Meters | 0:17:40 | 0:05:42 | PIAA XC State Championships | Hershey | PA | 11/1/2014 |
| Roman Tate | 5000 Meters | 0:17:46 | 0:05:44 | Heritage Conf. XC | Marion Center | PA | 10/16/2014 |
| Roman Tate | 5000 Meters | 0:17:47 | 0:05:44 | Indiana County XC Championships | | PA | 10/9/2014 |
| Bo Dinger | 5K | 0:17:48 | 0:05:45 | Crimson Hawk XC Meet | Indiana | PA | 9/27/2014 |
| Roman Tate | 5K | 0:18:09 | 0:05:51 | Altoona Mt. Lion XC Invitational | Altoona | PA | |
| Sam Cunkelman | 5000 Meters | 0:18:11 | 0:05:52 | PIAA XC State Championships | Hershey | PA | 11/1/2014 |
| Bob Manzi | 5K | 0:18:40 | 0:06:01 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Roman Tate | 5K | 0:18:41 | 0:06:02 | Veteran's 5K | Indiana | PA | 5/17/2014 |

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| Bo Dinger | 5K | 0:18:45 | 0:06:03 | Illuminate The Drakness 5K | | | 8/8/2014 |
| Matt Pajak | 5K | 0:18:48 | 0:06:04 | St Vincent Alumni XC Race | Latrobe | PA | 8/23/2014 |
| James Thompson | 5K | 0:18:51 | 0:06:05 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Bo Dinger | 5K | 0:18:52 | 0:06:05 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Veronica Bujdos | 5K | 0:18:59 | 0:06:07 | Ford City 5K | Ford City | PA | 7/5/2014 |
| Mindy Sawtelle-Zottola | 5K | 19:04.5 | 0:06:09 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Doug Ulishney | 5K | 0:19:10 | 0:06:11 | Great Race 5K | Pittsburgh | PA | 9/28/2014 |
| Herb Cratty | 5K | 0:19:11 | 0:06:11 | Cupid's Chase 5K | Pittsburgh | PA | 2/8/2014 |
| Herb Cratty | 5K | 0:19:11 | 0:06:11 | Happy Birthday Scobby Do 5K | Austinville | OH | 8/20/2014 |
| Jeannie Bujdos | 5K | 0:19:15 | 0:06:13 | Ford City 5K | Ford City | PA | 7/5/2014 |
| Tommy Fetterman | 5K | 0:19:19 | 0:06:14 | Paul Galko Bulldog Crawl 5K | Nanty Glo | PA | 6/21/2014 |
| James Thompson | 5K | 0:19:22 | 0:06:15 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Julie Ostinowsky | 5K | 0:19:23 | 0:06:15 | Paul Galko Bulldog Crawl 5K | Nanty Glo | PA | 6/21/2014 |
| Bob Manzi | 5K | 0:19:28 | 0:06:17 | PAC 5K | Ernest | PA | 4/26/2014 |
| Al Casagrande | 5K | 0:19:36 | 0:06:19 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Nicole Dann Payne | 5K | 0:19:40 | 0:06:21 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Robert Manzi | 5K | 19:45.4 | 0:06:22 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Ken Branam | 5K | 0:19:51 | 0:06:24 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Jeannie Bujdos | 5K | 0:19:54 | 0:06:25 | BHS Class Of 2016 5K | Blairsville | PA | 5/31/2014 |
| Doug Ulishney | 5K | 0:19:54 | 0:06:25 | Miles of Smiles 5K | Monogah | WV | 11/16/2014 |
| Doug Ulishney | 5K | 0:19:54 | 0:06:08 | Morgantown 5K | Morgantown | WV | 11/16/2014 |
| Dan Antonacci | 5K | 0:19:55 | 0:06:25 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Veronica Bujdos | 5K | 0:19:58 | 0:06:26 | Indiana Youth Hockey 5K | Indiana | PA | 8/2/2014 |
| James Thompson | 5K | 0:19:59 | 0:06:27 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Jeannie Bujdos | 5K | 0:20:02 | 0:06:28 | SHU Griffen Classic | | | 9/6/2014 |
| Kendall Branam | 5K | 0:20:08 | 0:06:30 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Matt Denning | 5K | 0:20:10 | 0:06:30 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Darryl Walker | 5K | 0:20:15 | 0:06:32 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Darryl Walker | 5K | 0:20:17 | 0:06:33 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Marilyn Gregory | 5000 Meters | 0:20:21 | 0:06:34 | Three Rivers T & F Championships | California | PA | 6/22/2014 |
| Doug Ulishney | 5K | 0:20:21 | 0:06:34 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |

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| Ken Branam | 5K | 0:20:27 | 0:06:36 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Marilyn Gregory | 5000 Meter | 0:20:30 | 0:06:37 | USATF Masters Championships | Winston-Salem | NC | 7/17/2014 |
| Doug Ulishney | 5K | 0:20:32 | 0:06:37 | National Road Fest 5K | Uniontown | PA | 5/17/2014 |
| Matt Denning | 5K | 0:20:45 | 0:06:42 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Doug Ulishney | 5K | 0:20:47 | 0:06:42 | Salvation Army Hall of Fame 5K | Uniontown | PA | 6/12/2014 |
| Isaac Zeigler | 5K | 0:20:55 | 0:06:45 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Brandt Hutzell | 5K | 0:20:57 | 0:06:45 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Scott Bauer | 5K | 0:20:58 | 0:06:46 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Darryl Walker | 5K | 0:21:00 | 0:06:46 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Kendall Branam | 5K | 0:21:02 | 0:06:47 | Missions Possible 5K | Black Lick | PA | 8/23/2014 |
| Jeff Graham | 5K | 0:21:08 | 0:06:49 | Incline 5K | Monroeville | PA | 5/25/2014 |
| Dan McQuiston | 5K | 0:21:30 | 0:06:56 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Dan McQuiston | 5K | 0:21:51 | 0:07:03 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Matt Denning | 5K | 0:21:53 | 0:07:04 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Dan McQuiston | 5K | 0:21:59 | 0:07:05 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Scott Bauer | 5K | 0:22:10 | 0:07:09 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Vince Pavic | 5K | 0:22:12 | 0:07:10 | Susan B. Komen Race For The Cure | Ocean City | MD | 4/13/2014 |
| Vince Pavic | 5K | 0:22:17 | 0:07:11 | 2nd Annual Big Fish 5K | Rehoboth Beach | DE | 5/3/2014 |
| Vince Pavic | 5K | 0:22:22 | 0:07:13 | Inaugural Greene Turtle 5K | Rehoboth Beach | DE | 10/12/2014 |
| Dan McQuiston | 5K | 0:22:23 | 0:07:13 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Dave Miller | 5K | 0:22:23 | 0:07:13 | Ford City 5K | Ford City | PA | 7/5/2014 |
| Bill Geiger | 5K | 0:22:27 | 0:07:15 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Vince Pavic | 5K | 0:22:37 | 0:07:18 | Strides Against Cancer | Somerset | PA | 11/29/2014 |
| Tom Fanning | 5K | 0:22:42 | 0:07:19 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Vince Pavic | 5K | 0:22:45 | 0:07:20 | Winterfest of Lights 5K | Ocean City | MD | 12/7/2014 |
| Vince Pavic | 5K | 0:22:47 | 0:07:21 | Race Into The New Year | Rehoboth Beach | NJ | 12/31/2014 |
| Kyle Ward | 5K | 0:22:50 | 0:07:22 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Dave Miller | 5K | 0:22:56 | 0:07:24 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Scott Bauer | 5K | 0:22:57 | 0:07:24 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Scott Bowman | 5K | 0:22:58 | 0:07:25 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Scott Valazak | 5K | 0:23:03 | 0:07:26 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |

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| Amanda Vresilovic | 5K | 0:23:06 | 0:07:27 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Noreen See | 5K | 0:23:08 | 0:07:28 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Noreen See | 5K | 0:23:11 | 0:07:29 | Making Strides Against TM 5K | Punxsutawney | PA | 5/25/2014 |
| Scott Valazak | 5K | 0:23:13 | 0:07:29 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Tom Fetterman | 5K | 0:23:14 | 0:07:30 | Paul Galko Bulldog Crawl 5K | Nanty Glo | PA | 6/21/2014 |
| Jonathan Gearhart | 5K | 23:14.7 | 0:07:30 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Noreen See | 5K | 0:23:16 | 0:07:30 | YMCA 5K | Ernest | PA | 9/6/2014 |
| Scott Bowman | 5K | 0:23:20 | 0:07:32 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Scott Valazak | 5K | 0:23:24 | 0:07:33 | YMCA 5K | Ernest | PA | 9/6/2014 |
| Scott Bowman | 5K | 0:23:29 | 0:07:35 | Raise The Roof 5K | Kittanning | PA | 8/2/2014 |
| Laura Musser | 5K | 0:23:34 | 0:07:36 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| John Swauger | 5K | 0:23:36 | 0:07:37 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| John Swauger | 5K | 0:23:36 | 0:07:37 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Philip Leopold | 5K | 0:23:47 | 0:07:40 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Andrew See | 5K | 0:23:49 | 0:07:41 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Noreen See | 5K | 0:23:49 | 0:07:41 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Scott Bowman | 5K | 0:23:50 | 0:07:41 | Camp Cadet 5K | Indiana | PA | 6/21/2014 |
| Jonathan Gearhart | 5K | 0:23:53 | 0:07:42 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Scott Bowman | 5K | 0:23:55 | 0:07:43 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Amanda Vresilovic | 5K | 0:23:55 | 0:07:43 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Noreen See | 5K | 0:23:56 | 0:07:43 | James G. Mill 5K | Indiana | PA | 4/26/2014 |
| Scott Valazak | 5K | 0:23:59 | 0:07:44 | Camp Cadet 5K | Indiana | PA | 6/21/2014 |
| Noreen See | 5K | 0:23:59 | 0:07:44 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Michael Remillard | 5K | 0:24:00 | 0:07:45 | Bunny Dash 5K | Portage | PA | 4/19/2014 |
| Scott Bowman | 5K | 0:24:03 | 0:07:45 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Scott Valazak | 5K | 0:24:04 | 0:07:46 | National Trails Day 5K | Florence | SC | 6/7/2014 |
| John Swauger | 5K | 0:24:06 | 0:07:46 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Brett Johns | 5K | 0:24:08 | 0:07:47 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Scott Bowman | 5K | 0:24:08 | 0:07:47 | Cure of Ars 5K | Leawood | KS | 11/1/2014 |
| Scott Bowman | 5K | 0:24:08 | 0:07:47 | Cure Ars 5K | Leawood | KS | 11/1/2014 |
| Noreen See | 5K | 0:24:10 | 0:07:48 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Noreen See | 5K | 0:24:11 | 0:07:48 | Run To Remember 5K | Kittanning | PA | 9/14/2014 |

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| Adam Beilchick | 5K | 0:24:18 | 0:07:50 | Idlewild 5K | Ligonier | PA | 5/26/2014 |
| Aileen Bowman | 5K | 0:24:19 | 0:07:51 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Noreen See | 5K | 0:24:21 | 0:07:51 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Noreen See | 5K | 0:24:23 | 0:07:52 | Veteran's 5K | Indiana | PA | 5/17/2014 |
| Noreen See | 5K | 0:24:24 | 0:07:52 | Missions Possible 5K | Black Lick | PA | 8/23/2014 |
| Noreen See | 5K | 0:24:25 | 0:07:53 | BHS Class Of 2016 5K | Blairsville | PA | 5/31/2014 |
| Mary Jean Bujdos | 5K | 0:24:29 | 0:07:54 | Ford City 5K | Ford City | PA | 7/5/2014 |
| Ron Orr | 5K | 0:24:29 | 0:07:54 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Scott Bowman | 5K | 24:31.7 | 0:07:55 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| John Swauger | 5K | 0:24:33 | 0:07:55 | Fight For Life 5K | Apollo | PA | 11/15/2014 |
| Philip Leopold | 5K | 0:24:34 | 0:07:55 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Aileen Bowman | 5K | 0:24:40 | 0:07:57 | Cure of Ars 5K | Leawood | KS | 11/1/2014 |
| Aileen Bowman | 5K | 0:24:40 | 0:07:57 | Cure Ars 5K | Leawood | KS | 11/1/2014 |
| Michael Remillard | 5K | 0:24:43 | 0:07:58 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/27/2014 |
| Noreen See | 5K | 0:24:44 | 0:07:59 | IUP Athletics 5K | Indiana | PA | 5/4/2014 |
| Mary Jean Bujdos | 5K | 0:24:45 | 0:07:59 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Chris Lasser | 5K | 0:24:46 | 0:07:59 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Noreen See | 5K | 0:24:51 | 0:08:01 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Aileen Bowman | 5K | 0:24:52 | 0:08:01 | Fight For Life 5K | Apollo | PA | 11/15/2014 |
| Chad Mosco | 5K | 0:24:52 | 0:08:01 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| John Swauger | 5K | 0:24:53 | 0:08:02 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Brett Johns | 5K | 24:54.7 | 0:08:02 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Amanda Vresilovic | 5K | 24:58.4 | 0:08:03 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Terry Zeigler | 5K | 0:24:59 | 0:08:04 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Ray Peterman | 5K | 0:25:01 | 0:08:04 | Daily American 5K | Somerset | PA | 4/26/2014 |
| Brett Johns | 5K | 0:25:04 | 0:08:05 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Jim Ostinowsky | 5K | 0:25:04 | 0:08:05 | Nanty Glo Fire Dept. 5K | Nanty Glo | PA | 10/11/2014 |
| John Swauger | 5K | 0:25:07 | 0:08:06 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Brett Johns | 5K | 0:25:07 | 0:08:06 | Campbell Dickinson St. Patrick's | Toronto | OH | 3/15/2014 |
| Katie Conrad | 5K | 0:25:08 | 0:08:06 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Adam Beilchick | 5K | 0:25:11 | 0:08:07 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |

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| Tim Welsh | 5K | 0:25:14 | 0:08:08 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Jennifer Reaugh | 5K | 0:25:23 | 0:08:11 | Blairsville River Run 5K | Blairsville | PA | 10/18/2014 |
| Brett Johns | 5K | 0:25:26 | 0:08:12 | Shannock Valley 5K | Numine | PA | 7/26/2014 |
| Kristina Zack | 5K | 0:25:27 | 0:08:13 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Rebecca Blews | 5K | 0:25:29 | 0:08:13 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Duane Bash | 5K | 0:25:29 | 0:08:13 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Maria Fruscello | 5K | 0:25:31 | 0:08:14 | Scope It Out 5K | Pittsburgh | PA | 10/11/2014 |
| Doug Ulishney | 5K | 0:25:33 | 0:08:15 | Nights of Columbus Unlucky 5K | Somerset | PA | 3/29/2014 |
| Duane Bash | 5K | 0:25:33 | 0:08:15 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Brandt Hutzell | 5K | 0:25:35 | 0:08:15 | Nights of Columbus Unlucky 5K | Somerset | PA | 3/29/2014 |
| John Swauger | 5K | 0:25:35 | 0:08:15 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Mary Jean Bujdos | 5K | 0:25:36 | 0:08:15 | Indiana Youth Hockey 5K | Indiana | PA | 8/2/2014 |
| Kristina Zack | 5K | 0:25:38 | 0:08:16 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Jamie Branan | 5K | 0:25:40 | 0:08:17 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Aileen Bowman | 5K | 0:25:41 | 0:08:17 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Brett Johns | 5K | 0:25:43 | 0:08:18 | Hancock County Paws For Our Cause | Weirton | WV | 4/26/2014 |
| John Bomboy | 5K | 0:25:47 | 0:08:19 | Rural Valley Pumpkinfest 5K | Rural Valley | PA | 9/27/2014 |
| Donna Scanlon | 5K | 0:25:47 | 0:08:19 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Thad Dalby | 5K | 0:25:48 | 0:08:19 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/27/2014 |
| John Swauger | 5K | 25:50.3 | 0:08:20 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Donna Scanlon | 5K | 0:25:52 | 0:08:21 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Tom Fetterman | 5K | 0:25:53 | 0:08:21 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Tabitha Conrad | 5K | 0:26:00 | 0:08:23 | PAC 5K | Ernest | PA | 4/26/2014 |
| Donna Scanlon | 5K | 0:26:00 | 0:08:23 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Donna Scanlon | 5K | 0:26:01 | 0:08:24 | Burrell Twp Run 4 R Library | Black Lick | PA | 6/21/2014 |
| John Bomboy | 5K | 0:26:02 | 0:08:24 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| John Bomboy | 5K | 0:26:04 | 0:08:25 | Shannock Valley 5K | Numine | PA | 7/26/2014 |
| Tim Welsh | 5K | 0:26:08 | 0:08:26 | North Park Autism Frostbite 5K | Allison Park | PA | 3/1/2014 |
| Jennifer Wally Blystone | 5K | 0:26:10 | 0:08:26 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Tim Welsh | 5K | 0:26:12 | 0:08:27 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Delilah Coy | 5K | 0:26:15 | 0:08:28 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------|----------|---------|---------|------------------------------------|--------------|-------|------------|
| John Bomboy | 5K | 0:26:16 | 0:08:28 | Run To Remember 5K | Kittanning | PA | 9/14/2014 |
| Christian Brown | 5K | 0:26:24 | 0:08:31 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Donna Scanlon | 5K | 0:26:25 | 0:08:31 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Linda Leopold | 5K | 0:26:26 | 0:08:32 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Tabitha Conrad | 5K | 26:26.3 | 0:08:32 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Tabitha Conrad | 5K | 0:26:29 | 0:08:33 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Dan Vresilovic | 5K | 26:29.6 | 0:08:33 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Sherry Shank | 5K | 0:26:34 | 0:08:34 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Brett Johns | 5K | 0:26:35 | 0:08:35 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Duane Bash | 5K | 0:26:37 | 0:08:35 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/27/2014 |
| Maria Fruscello | 5K | 0:26:42 | 0:08:37 | Miles Against Melanoma | Pittsburgh | PA | 6/14/2014 |
| Joe Bujdos | 5K | 0:26:43 | 0:08:37 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Molly Zack | 5K | 0:26:44 | 0:08:37 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Don Zahorchak | 5K | 0:26:49 | 0:08:39 | Run To End Abuse 5K | Kittanning | PA | 6/21/2014 |
| John Bomboy | 5K | 0:26:50 | 0:08:39 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Linda Leopold | 5K | 0:26:51 | 0:08:40 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Dan Debo | 5K | 0:26:51 | 0:08:40 | Union Beach Hopes 5K | Union Beach | NJ | 6/21/2014 |
| Becka Blews | 5K | 0:26:51 | 0:08:40 | Indiana Youth Hockey 5K | Indiana | PA | 8/2/2014 |
| Delilah Coy | 5K | 0:26:52 | 0:08:40 | Indiana Youth Hockey 5K | Indiana | PA | 8/2/2014 |
| Brett Johns | 5K | 0:26:54 | 0:08:41 | Outta Our Mine 5K | Wampum | PA | 2/8/2014 |
| Tim Welsh | 5K | 0:26:55 | 0:08:41 | Dare County Parks & Rec Hoppin' 5K | Manteo | NC | 4/18/2014 |
| Ron Orr | 5K | 0:26:57 | 0:08:42 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Kylen Sawtelle | 5K | 0:26:59 | 0:08:42 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Tracy McKeel | 5K | 0:27:01 | 0:08:43 | Leechburg-Gilpin Lions 5K | Leechburg | PA | 10/4/2014 |
| Tim Welsh | 5K | 0:27:01 | 0:08:43 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Philip Leopold | 5K | 0:27:02 | 0:08:43 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Scott Valazak | 5K | 0:27:02 | 0:08:43 | Pick A Cause 5K | Ernest | PA | 4/26/2014 |
| Tim Welsh | 5K | 0:27:02 | 0:08:43 | Steelers Gatorade 5K | Pittsburgh | PA | 9/1/2014 |
| Don Zahorchak | 5K | 0:27:03 | 0:08:44 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Kelly Thompson | 5K | 0:27:03 | 0:08:44 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Kristina Zack | 5K | 0:27:04 | 0:08:44 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Timothy Welsh | 5K | 0:27:05 | 0:08:44 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|----------------------|----------|---------|---------|-------------------------------|----------------|-------|------------|
| Sherry Shank | 5K | 0:27:06 | 0:08:45 | Outta Our Mine 5K | Wampum | PA | 2/8/2014 |
| Kylen Sawtelle | 5K | 0:27:06 | 0:08:45 | PAC 5K | Ernest | PA | 4/26/2014 |
| Tim Welsh | 5K | 0:27:07 | 0:08:45 | Idlewild 5K | Ligonier | PA | 5/26/2014 |
| Tim Welsh | 5K | 0:27:09 | 0:08:45 | PAC 5K | Ernest | PA | 4/26/2014 |
| Olivia Peters | 5K | 0:27:11 | 0:08:46 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Chris Peters | 5K | 0:27:11 | 0:08:46 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Duane Bash | 5K | 0:27:14 | 0:08:47 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Tim Welsh | 5K | 0:27:15 | 0:08:47 | Veteran's 5K | Indiana | PA | 5/17/2014 |
| John Bomboy | 5K | 0:27:17 | 0:08:48 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Duane Bash | 5K | 0:27:20 | 0:08:49 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Donna Scanlon | 5K | 0:27:20 | 0:08:49 | Diversity 5000 | Punxsutawney | PA | 4/16/2014 |
| Tim Welsh | 5K | 0:27:22 | 0:08:50 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| John Bomboy | 5K | 0:27:26 | 0:08:51 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Kosie Sheperd-Porada | 5K | 0:27:27 | 0:08:51 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Jami Kish | 5K | 0:27:28 | 0:08:52 | Leechburg-Gilpin Lions 5K | Leechburg | PA | 10/4/2014 |
| Keira Sherwn | 5K | 0:27:30 | 0:08:52 | Chester County Turkey Trot 5K | Downingtown | PA | 11/27/2014 |
| Bob Lott | 5K | 0:27:31 | 0:08:53 | Chester County Turkey Trot 5K | Downingtown | PA | 11/27/2014 |
| Ashley Smith | 5K | 0:27:32 | 0:08:53 | Bunny Dash 5K | Portage | PA | 4/19/2014 |
| Maria Fruscello | 5K | 0:27:33 | 0:08:53 | Brookline Breeze 5K | Pittsburgh | PA | 8/9/2014 |
| Sara Necciai | 5K | 0:27:35 | 0:08:54 | Roaring Run Earth Day Dash | Apollo | PA | 4/19/2014 |
| Becky Pavic | 5K | 0:27:36 | 0:08:54 | 2nd Annual Big Fish 5K | Rehoboth Beach | DE | 5/3/2014 |
| John Bomboy | 5K | 0:27:37 | 0:08:55 | Ford City 5K | Ford City | PA | 7/5/2014 |
| Tim Welsh | 5K | 0:27:42 | 0:08:56 | Turtle Trot 5K | Turtle Creek | PA | 7/26/2014 |
| Donna Scanlon | 5K | 0:27:44 | 0:08:57 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Tim Welsh | 5K | 0:27:44 | 0:08:57 | Runcations Lighthouse 5K | Corolla | NC | 8/13/2014 |
| John Bomboy | 5K | 0:27:47 | 0:08:58 | Missions Possible 5K | Black Lick | PA | 8/23/2014 |
| Mike Weaver | 5K | 0:27:48 | 0:08:58 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Kylen Sawtelle | 5K | 27:50.7 | 0:08:59 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Tim Welsh | 5K | 0:27:58 | 0:09:01 | Missions Possible 5K | Black Lick | PA | 8/23/2014 |
| Dan Debo | 5K | 0:28:03 | 0:09:03 | PAC 5K | Ernest | PA | 4/26/2014 |
| Becky Pavic | 5K | 0:28:06 | 0:09:04 | Inaugural Greene Turtle 5K | Rehobeth Beach | DE | 10/12/2014 |
| Molly Zack | 5K | 0:28:11 | 0:09:05 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------|----------|---------|---------|----------------------------------|----------------|-------|------------|
| Tim Welsh | 5K | 0:28:13 | 0:09:06 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Kim Peterman | 5K | 0:28:15 | 0:09:07 | Daily American 5K | Somerset | PA | 4/26/2014 |
| Becky Pavic | 5K | 0:28:16 | 0:09:07 | Susan B. Komen Race For The Cure | Ocean City | MD | 4/13/2014 |
| Ashlee Steiner | 5K | 0:28:19 | 0:09:08 | Burrell Twp Run 4 R Library | Black Lick | PA | 6/21/2014 |
| Shari Brown | 5K | 0:28:19 | 0:09:08 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Rob Brown | 5K | 0:28:21 | 0:09:09 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Sara Necciai | 5K | 0:28:26 | 0:09:10 | Outta Our Mine 5K | Wampum | PA | 2/8/2014 |
| Timothy Welsh | 5K | 0:28:26 | 0:09:10 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Becky Pavic | 5K | 0:28:26 | 0:09:10 | Winterfest of Lights 5K | Ocean City | MD | 12/7/2014 |
| Scott Valazak | 5K | 0:28:27 | 0:09:11 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/27/2014 |
| Kelly Thompson | 5K | 0:28:27 | 0:09:11 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Tim Welsh | 5K | 0:28:28 | 0:09:11 | Teddy Bear Fund Drive 5K | Indiana | PA | 1/4/2014 |
| Kosie Shepherd-Porda | 5K | 0:28:30 | 0:09:12 | Camp Cadet 5K | Indiana | PA | 6/21/2014 |
| Becky Pavic | 5K | 0:28:30 | 0:09:12 | Race Into The New Year | Rehoboth Beach | NJ | 12/31/2014 |
| Robert Zukas | 5K | 0:28:32 | 0:09:12 | Fight For Life 5K | Apollo | PA | 11/15/2014 |
| Katie Conrad | 5K | 0:28:33 | 0:09:13 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Bob Lott | 5K | 0:28:35 | 0:09:13 | Mahoning Shadow Shuffle 5K | Punxsutawney | PA | 10/11/2014 |
| Tim Welsh | 5K | 0:28:37 | 0:09:14 | Firecracker Frolic 5K | New Germany | PA | 7/4/2014 |
| Darlene Hudak | 5K | 0:28:39 | 0:09:15 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Kylen Sawtelle | 5K | 0:28:44 | 0:09:16 | John Beishline 5K | Buffalo | NY | 5/25/2014 |
| Pat Scanlon | 5K | 0:28:46 | 0:09:17 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Noble Mondì | 5K | 0:28:46 | 0:09:17 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Christian Brown | 5K | 0:28:46 | 0:09:17 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Chris Mondì | 5K | 0:28:47 | 0:09:17 | Groundhog Jog 5K | Punxsutawney | PA | 7/2/2014 |
| Tim Welsh | 5K | 0:28:50 | 0:09:18 | YMCA 5K | Ernest | PA | 9/6/2014 |
| Duane Bash | 5K | 0:28:51 | 0:09:18 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Sarah Bradley | 5K | 0:28:51 | 0:09:18 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Darlene Hudak | 5K | 0:29:04 | 0:09:23 | Tour De Church 5K | Blairsville | PA | 7/26/2014 |
| John Bomboy | 5K | 0:29:06 | 0:09:23 | Indiana Youth Hockey 5K | Indiana | PA | 8/2/2014 |
| Kosie Shepherd-Porada | 5K | 0:29:11 | 0:09:25 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Helena Derr | 5K | 0:29:27 | 0:09:30 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Tracy McKeel | 5K | 0:29:28 | 0:09:30 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|--------------------|----------|---------|---------|------------------------------------|-----------------|-------|------------|
| Michael Swain | 5K | 0:29:28 | 0:09:30 | Vintondale Homecoming 5K | Vintondale | PA | 8/30/2014 |
| Darlene Hudak | 5K | 0:29:29 | 0:09:31 | Oakmont 5K | Oakmont | PA | 6/21/2014 |
| Kylen Sawtelle | 5K | 0:29:30 | 0:09:31 | The Dash Memorial 5K | Scottsdale | PA | 8/17/2014 |
| Jonathan Cunkelman | 5K | 0:29:31 | 0:09:31 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Taylor Weaver | 5K | 0:29:42 | 0:09:35 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Tim Welsh | 5K | 0:29:43 | 0:09:35 | Burrell Twp Run 4 R Library | Black Lick | PA | 6/21/2014 |
| Ashley Smith | 5K | 0:29:43 | 0:09:35 | Coastal 5K | Myrtle Beach | SC | 10/19/2014 |
| Denise Zahorchak | 5K | 0:29:45 | 0:09:36 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Curt Mertz | 5K | 0:29:47 | 0:09:36 | Dash 4 Diabetes | Punxsutawney | PA | 6/7/2014 |
| Ron Orr | 5K | 0:29:48 | 0:09:37 | Veteran's 5K | Indiana | PA | 5/17/2014 |
| Tim Welsh | 5K | 0:29:49 | 0:09:37 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/27/2014 |
| Christina Felgar | 5K | 0:29:50 | 0:09:37 | Lisa Ladybug Turkey Trot 5K | Punxsutawney | PA | 11/27/2014 |
| Mike Weaver | 5K | 0:29:53 | 0:09:38 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Ashley Smith | 5K | 0:29:53 | 0:09:38 | Steelers Gatorade 5K | Pittsburgh | PA | 9/1/2014 |
| Tim Welsh | 5K | 0:29:54 | 0:09:39 | Fort Ligonier Days 5K | Ligonier | PA | 10/12/2014 |
| Timothy Welsh | 5K | 29:58.4 | 0:09:40 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Cathy Swauger | 5K | 0:30:02 | 0:09:41 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Judi Gatti | 5K | 0:30:03 | 0:09:42 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Tina Honkus | 5K | 0:30:07 | 0:09:43 | Garver Memorial YMCA 5K | Roaring Springs | PA | 7/12/2014 |
| Ashley Smith | 5K | 0:30:14 | 0:09:45 | Free To Breathe Lung Cancer 5K | Harrisburg | PA | 8/23/2014 |
| Don Zahorchak | 5K | 0:30:16 | 0:09:46 | Teddy Bear Fund Drive 5K | Indiana | PA | 1/4/2014 |
| Ally Conrad | 5K | 0:30:18 | 0:09:46 | PAC 5K | Ernest | PA | 4/26/2014 |
| Taylor Weaver | 5K | 0:30:20 | 0:09:47 | PAC 5K | Ernest | PA | 4/26/2014 |
| Michael Swain | 5K | 0:30:20 | 0:09:47 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Mike Weaver | 5K | 0:30:23 | 0:09:48 | PAC 5K | Ernest | PA | 4/26/2014 |
| Nicki Denning | 5K | 0:30:27 | 0:09:49 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Janet Stewart | 5K | 0:30:32 | 0:09:51 | Special Operations Memorial Day 5K | Baltimore | MD | 5/26/2014 |
| Cathy Swauger | 5K | 0:30:33 | 0:09:51 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Charles Frank | 5K | 0:30:36 | 0:09:52 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Mike Riggerbach | 5K | 0:30:39 | 0:09:53 | Burrell Twp Run 4 R Library | Black Lick | PA | 6/21/2014 |
| Tim Welsh | 5K | 0:30:41 | 0:09:54 | Miracles For Maggie 5K | Ligonier | PA | 9/20/2014 |
| Charlie Manzi | 5K | 0:30:44 | 0:09:55 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------|----------|---------|---------|-------------------------------------|-----------------|-------|------------|
| Terri McQuisten | 5K | 30:45.7 | 0:09:55 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Janet Stewart | 5K | 0:30:46 | 0:09:55 | Courtney's Ice Cream 5K | Grove City | PA | 8/13/2014 |
| Benjamin Brown | 5K | 0:30:48 | 0:09:56 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Ally Conrad | 5K | 0:30:49 | 0:09:56 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Tina Honkus | 5K | 0:30:52 | 0:09:57 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Ashley Smith | 5K | 0:30:53 | 0:09:58 | 4D Run For Those Who Can't | Lebanon | PA | 6/29/2014 |
| Tabitha Conrad | 5K | 0:30:53 | 0:09:58 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Tina Honkus | 5K | 0:30:55 | 0:09:58 | The Cove Turkey Trot 5K | Roaring Springs | PA | 11/22/2014 |
| Janet Stewart | 5K | 0:31:00 | 0:10:00 | Cedar Point Color Run | Sandusky | OH | 9/20/2014 |
| Jeril Goss | 5K | 0:31:07 | 0:10:02 | 1st Annual Walk To Cure Diabetes 5K | DuBois | PA | 4/27/2014 |
| Paul Hicks | 5K | 0:31:08 | 0:10:03 | Fryburg Mayfest 5K | Fryburg | PA | 5/23/2014 |
| Tina Honkus | 5K | 0:31:09 | 0:10:03 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| John Goss | 5K | 0:31:11 | 0:10:04 | 1st Annual Walk To Cure Diabetes 5K | DuBois | PA | 4/27/2014 |
| Evelyn Gill | 5K | 0:31:13 | 0:10:04 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Paul Hicks | 5K | 0:31:15 | 0:10:05 | Dash 4 Diabetes | Punxsutawney | PA | 6/7/2014 |
| Bethany Pajak | 5K | 0:31:17 | 0:10:05 | St Vincent Alumni XC Race | Latrobe | PA | 8/23/2014 |
| Janet Stewart | 5K | 0:31:21 | 0:10:07 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Nicki Denning | 5K | 0:31:28 | 0:10:09 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Denise Zahorchak | 5K | 0:31:40 | 0:10:13 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/27/2014 |
| Nick Fruscello | 5K | 0:31:40 | 0:10:13 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Maria Fruscello | 5K | 0:31:40 | 0:10:13 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Benjamin Brown | 5K | 0:31:45 | 0:10:15 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Paul Hicks | 5K | 0:31:49 | 0:10:16 | PAC 5K | Ernest | PA | 4/26/2014 |
| Diane Antonacci | 5K | 0:32:00 | 0:10:19 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Michael Swain | 5K | 0:32:01 | 0:10:20 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Paul Hicks | 5K | 0:32:03 | 0:10:20 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Janet Stewart | 5K | 0:32:03 | 0:10:20 | Raise The Roof 5K | Kittanning | PA | 8/2/2014 |
| Evelyn Gill | 5K | 0:32:04 | 0:10:21 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Eddie Bash | 5K | 0:32:07 | 0:10:22 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Paul Hicks | 5K | 0:32:12 | 0:10:23 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Izabel Dzuro | 5K | 0:32:16 | 0:10:25 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| David Dzuro | 5K | 0:32:16 | 0:10:25 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------|----------|---------|---------|-------------------------------|------------|-------|------------|
| Janet Stewart | 5K | 0:32:18 | 0:10:25 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Darcy Tiani | 5K | 0:32:18 | 0:10:25 | River Town Reindeer 5K | Conway | SC | 12/6/2014 |
| Tabitha Yagle | 5K | 0:32:18 | 0:10:25 | River Town Reindeer 5K | Conway | SC | 12/6/2014 |
| Cheryl Bevard | 5K | 0:32:20 | 0:10:26 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Paul Hicks | 5K | 0:32:28 | 0:10:28 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Paul Hicks | 5K | 0:32:30 | 0:10:29 | Run To Remember 5K | Kittanning | PA | 9/14/2014 |
| Nicki Denning | 5K | 0:32:30 | 0:10:29 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Matt Denning | 5K | 0:32:30 | 0:10:29 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Allie Conrad | 5K | 0:32:31 | 0:10:29 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Tabitha Conrad | 5K | 0:32:33 | 0:10:30 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Katelyn Andelman | 5K | 0:32:39 | 0:10:32 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Janet Stewart | 5K | 0:32:43 | 0:10:33 | Hip Hop In Presque Isle | Erie | PA | 8/23/2014 |
| Janet Stewart | 5K | 0:32:55 | 0:10:37 | Camp Cadet 5K | Indiana | PA | 6/21/2014 |
| Janet Stewart | 5K | 0:32:55 | 0:10:37 | Pittsburgh Cure Sarcoma 5K | Pittsburgh | PA | 7/14/2014 |
| Paul Hicks | 5K | 0:32:55 | 0:10:37 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Paul Hicks | 5K | 0:32:56 | 0:10:37 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Janet Stewart | 5K | 0:33:05 | 0:10:40 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Cathy Swauger | 5K | 33:08.3 | 0:10:41 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Paul Hicks | 5K | 0:33:11 | 0:10:42 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Tina Honkus | 5K | 0:33:24 | 0:10:46 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Paul Hicks | 5K | 33:34.0 | 0:10:50 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Nikki Denning | 5K | 0:33:38 | 0:10:51 | Teddy Bear Fund Drive 5K | Indiana | PA | 1/4/2014 |
| Amanda Mosco | 5K | 33:39.4 | 0:10:51 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Paul Hicks | 5K | 0:33:48 | 0:10:54 | Burrell Twp Run 4 R Library | Black Lick | PA | 6/21/2014 |
| Janet Stewart | 5K | 0:33:50 | 0:10:55 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Pam Vojtek | 5K | 0:33:53 | 0:10:56 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Evelyn Gill | 5K | 33:53.2 | 0:10:56 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Doug Berezansky | 5K | 0:33:54 | 0:10:56 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Samantha Flick | 5K | 0:33:57 | 0:10:57 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Janet Stewart | 5K | 0:33:57 | 0:10:57 | Shannock Valley 5K | Numine | PA | 7/26/2014 |
| Izabel Dzuro | 5K | 0:34:00 | 0:10:58 | Donut Dash 5K | Indiana | PA | 4/19/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------|----------|---------|---------|-------------------------------|------------|-------|------------|
| David Dzuro | 5K | 0:34:00 | 0:10:58 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Kate Remillard | 5K | 0:34:01 | 0:10:58 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Abe Remillard | 5K | 0:34:01 | 0:10:58 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/26/2014 |
| Pam Vojtek | 5K | 0:34:04 | 0:10:59 | Teddy Bear Fund Drive 5K | Indiana | PA | 1/4/2014 |
| Paul Hicks | 5K | 0:34:12 | 0:11:02 | In Memory of 5K | Ernest | PA | 6/28/2014 |
| Vanessa Dzuro | 5K | 0:34:21 | 0:11:05 | Donut Dash 5K | Indiana | PA | 4/19/2014 |
| Alex Pfonger | 5K | 0:34:22 | 0:11:05 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Becky Pfonger | 5K | 0:34:22 | 0:11:05 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Janine Maust | 5K | 0:34:26 | 0:11:06 | Steelers Gatorade 5K | Pittsburgh | PA | 9/1/2014 |
| Taylor Weaver | 5K | 0:34:38 | 0:11:10 | Camp Cadet 5K | Indiana | PA | 6/21/2014 |
| Joyce Walker | 5K | 0:34:42 | 0:11:12 | PAC 5K | Ernest | PA | 4/26/2014 |
| Janet Stewart | 5K | 0:34:51 | 0:11:15 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Taylor Weaver | 5K | 0:34:56 | 0:11:16 | Teddy Bear Fund Drive 5K | Indiana | PA | 1/4/2014 |
| Joyce Walker | 5K | 0:34:56 | 0:11:16 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Mike Weaver | 5K | 0:34:57 | 0:11:16 | Teddy Bear Fund Drive 5K | Indiana | PA | 1/4/2014 |
| A. J. Lockard | 5K | 0:34:58 | 0:11:17 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| John Clugston | 5K | 0:35:04 | 0:11:19 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Sherry Shank | 5K | 0:35:08 | 0:11:20 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Ashley Shank | 5K | 0:35:10 | 0:11:21 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Paul Hicks | 5K | 0:35:19 | 0:11:24 | Fire & Ice 5K | Somerset | PA | 1/18/2014 |
| Terri MqQuiston | 5K | 0:35:20 | 0:11:24 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Eddie Bash | 5K | 0:35:21 | 0:11:24 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/27/2014 |
| Donna Zukas | 5K | 0:35:32 | 0:11:28 | Fight For Life 5K | Apollo | PA | 11/15/2014 |
| John Clugston | 5K | 0:35:35 | 0:11:29 | Roaring Run Earth Day Dash | Apollo | PA | 4/19/2014 |
| Joyce Walker | 5K | 0:35:40 | 0:11:30 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Emily Fruscello | 5K | 0:35:41 | 0:11:31 | Scope It Out 5K | Pittsburgh | PA | 10/11/2014 |
| Michael Vidovich | 5K | 0:35:51 | 0:11:34 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Kim McCurdy | 5K | 0:35:51 | 0:11:34 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Denise Zahorchak | 5K | 35:51.7 | 0:11:34 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Zoe Zahorchak | 5K | 35:51.8 | 0:11:34 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Don Hogan | 5K | 0:36:05 | 0:11:38 | Freedom 5K | Greensburg | PA | 7/4/2014 |
| Joyce Walker | 5K | 36:20.6 | 0:11:43 | Love of Life 5K | Indiana | PA | 10/25/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|---------------------|----------|---------|---------|-------------------------------|-------------|-------|------------|
| Addie Lockard | 5K | 0:36:32 | 0:11:47 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Candi Lockard | 5K | 0:36:32 | 0:11:47 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Claire Hogan | 5K | 0:36:39 | 0:11:49 | Freedom 5K | Greensburg | PA | 7/4/2014 |
| Mike Weaver | 5K | 0:36:47 | 0:11:52 | Run To Remember 5K | Kittanning | PA | 9/14/2014 |
| Joyce Walker | 5K | 0:36:47 | 0:11:52 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Dawn Smith-Sherwood | 5K | 0:37:23 | 0:12:04 | Pancreatic Cancer 5K | Indiana | PA | 11/1/2014 |
| Jenni Reaugh | 5K | 0:37:37 | 0:12:08 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Addie Lockard | 5K | 0:37:38 | 0:12:08 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Kim Fulmer | 5K | 0:37:39 | 0:12:09 | Dr. John Yelenic Memorial 5K | Blairsville | PA | 5/26/2014 |
| Candi Lockard | 5K | 0:37:40 | 0:12:09 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Kiley Branan | 5K | 0:38:55 | 0:12:33 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Beth Zeigler | 5K | 0:38:56 | 0:12:34 | Great Race 5K | Pittsburgh | PA | 9/28/2014 |
| A. J. Lockard | 5K | 0:39:20 | 0:12:41 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Al Lockard | 5K | 0:39:21 | 0:12:42 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Abigail Zeigler | 5K | 0:39:26 | 0:12:43 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Claire Hogan | 5K | 39:32.6 | 0:12:45 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Erin Bauer | 5K | 0:39:36 | 0:12:46 | 2nd Annual Mustache Dash 5K | Ernest | PA | 10/11/2014 |
| Sara Necciai | 5K | 0:40:00 | 0:12:54 | Boot Camp Obstacle Run | Donora | PA | 11/2/2014 |
| Lynne Schiefer | 5K | 0:40:06 | 0:12:56 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Emily Fruscello | 5K | 0:40:14 | 0:12:59 | Brookline Breeze 5K | Pittsburgh | PA | 8/9/2014 |
| Chris Mondri | 5K | 0:40:47 | 0:13:09 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Beth Zeigler | 5K | 0:41:00 | 0:13:14 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Allie Zahorchak | 5K | 41:28.5 | 0:13:23 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Lynne Schiefer | 5K | 0:41:40 | 0:13:26 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Kim Fulmer | 5K | 0:41:54 | 0:13:31 | Blairsville River Run 5K | Blairsville | PA | 10/18/2014 |
| Curt Mertz | 5K | 0:42:10 | 0:13:36 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Janessa Mihalich | 5K | 0:42:38 | 0:13:45 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Janessa Mihalich | 5K | 0:42:38 | 0:13:45 | Citizens Helping Citizens' 5K | Indiana | PA | 7/19/2014 |
| Jennifer Reaugh | 5K | 0:42:54 | 0:13:50 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Caleb Fruscello | 5K | 0:42:55 | 0:13:51 | Brookline Breeze 5K | Pittsburgh | PA | 8/9/2014 |
| Kim Fulmer | 5K | 0:42:58 | 0:13:52 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/27/2014 |
| Lily Manzi | 5K | 0:43:03 | 0:13:53 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------|----------------|---------|---------|---------------------------------|--------------|-------|------------|
| Nick Fruscello | 5K | 0:43:06 | 0:13:54 | Brookline Breeze 5K | Pittsburgh | PA | 8/9/2014 |
| Amy Shope-Manzi | 5K | 0:43:06 | 0:13:54 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Michelle Muckian | 5K | 0:44:11 | 0:14:15 | Great Shamokin Path 5K | Numine | PA | 4/12/2014 |
| Emily Peters | 5K | 0:44:19 | 0:14:18 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Randy Fetterman | 5K | 0:44:49 | 0:14:27 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Melanie Williams | 5K | 0:44:51 | 0:14:28 | Teddy Bear Fund Drive 5K | Indiana | PA | 11/22/2014 |
| Chuck Schiefer | 5K | 0:45:10 | 0:14:34 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Nicki Denning | 5K | 0:45:16 | 0:14:36 | Elderton 5K | Elderton | PA | 10/3/2014 |
| Abby Weaver | 5K | 0:47:09 | 0:15:13 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Lucas Weaver | 5K | 0:47:10 | 0:15:13 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Michelle Weaver | 5K | 0:47:11 | 0:15:13 | It's A Wonderful 5K | Ernest | PA | 12/6/2014 |
| Addie Lockard | 5K | 0:47:52 | 0:15:26 | PAC 5K | Ernest | PA | 4/26/2014 |
| Grace Rougeaux | 5K | 0:48:00 | 0:15:29 | PAC 5K | Ernest | PA | 4/26/2014 |
| Chuck Schiefer | 5K | 0:48:24 | 0:15:37 | Hoodlebug 5K | Homer City | PA | 7/13/2014 |
| Bob Crawford | 5K | 0:49:44 | 0:16:03 | Ford City 5K | Ford City | PA | 7/5/2014 |
| Linda Jones | 5K | 54:17.6 | 0:17:31 | Love of Life 5K | Indiana | PA | 10/25/2014 |
| Lavina Lasser | 5K | 0:54:40 | 0:17:38 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Lisa Berezansky | 5K | 0:58:57 | 0:19:01 | Diamond 5K | Indiana | PA | 4/12/2014 |
| Tina Honkus | 5K | ?:?:?:? | #VALUE! | Dirty Dash 5K | New Beaver | PA | 8/2/2014 |
| Vince Pavic | 5K (3.3 Miles) | 0:23:38 | 0:07:10 | Wicomico Parks Race To Remember | Salisbury | MD | 5/26/2014 |
| Aileen Bowman | Relay Run | 0:25:14 | 0:07:13 | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Sherry Shank | 6K | 0:38:29 | 0:10:21 | Race To The Face 6K | Punxsutawney | PA | 7/26/2014 |
| Brandt Hutzel | 4 Mile | 0:31:08 | 0:07:47 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Mike Weaver | 4 Mile | 0:33:46 | 0:08:26 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Tim Welsh | 4 Mile | 0:35:21 | 0:08:50 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Bob Lott | 4 Mile | 0:42:31 | 0:10:38 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Paul Hicks | 4 Mile | 0:44:54 | 0:11:13 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Chris Mondì | 4 Mile | 0:53:45 | 0:13:26 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Julie Mondì | 4 Mile | 1:01:32 | 0:15:23 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Frank Mondì | 4 Mile | 1:01:32 | 0:15:23 | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |
| Noble Mondì | 4 Mile | ?:?:?:? | #VALUE! | Groundhog Jog 4-Miler | Punxsutawney | PA | 2/2/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------|----------|---------|---------|--------------------------------|------------|-------|-----------|
| Noreen See | 6.6 K | 0:31:29 | 0:07:42 | Mario Lemieux Foundation 6.6 K | Pittsburgh | PA | 10/5/2014 |
| Ashley Smith | 6.6 K | 0:38:59 | 0:09:32 | Mario Lemieux Foundation 6.6 K | Pittsburgh | PA | 10/5/2014 |
| Ashley Smith | 6.6 K | 0:38:59 | 0:09:32 | Mario Lemieux Foundation 6.6 K | Pittsburgh | PA | 10/5/2014 |
| Tim Welsh | 6.6 K | 0:39:06 | 0:09:34 | Mario Lemieux Foundation 6.6 K | Pittsburgh | PA | 10/5/2014 |
| Roman Tate | 7K | 0:27:54 | 0:06:26 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Veronica Bujdos | 7K | 0:28:29 | 0:06:34 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Doug Ulishney | 7K | 0:28:46 | 0:06:38 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Darryl Walker | 7K | 0:29:08 | 0:06:43 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Ryan Costanzo | 7K | 0:29:30 | 0:06:48 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Dan McQuiston | 7K | 0:31:18 | 0:07:13 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Marilyn Gregory | 7K | 0:31:31 | 0:07:16 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Jeannie Bujdos | 7K | 0:31:40 | 0:07:18 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Bill Serafin | 7K | 0:32:50 | 0:07:34 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Tom Bianco | 7K | 0:34:19 | 0:07:54 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Noreen See | 7K | 0:34:25 | 0:07:56 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Scott Bowman | 7K | 0:34:57 | 0:08:03 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Bill Winters | 7K | 0:35:04 | 0:08:05 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Mary Jean Bujdos | 7K | 0:35:28 | 0:08:10 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| John Swauger | 7K | 0:35:34 | 0:08:12 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Aileen Bowman | 7K | 0:35:42 | 0:08:14 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Andrew See | 7K | 0:36:13 | 0:08:21 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Brett Johns | 7K | 0:36:37 | 0:08:26 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Ray Peterman | 7K | 0:36:43 | 0:08:28 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Kristina Zack | 7K | 0:37:01 | 0:08:32 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Jed Fetterman | 7K | 0:37:11 | 0:08:34 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Jim Ostinowsky | 7K | 0:37:27 | 0:08:38 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Tom Fetterman | 7K | 0:37:53 | 0:08:44 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| William Stroup | 7K | 0:37:56 | 0:08:44 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Walter Byrne | 7K | 0:38:33 | 0:08:53 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Scott Valazak | 7K | 0:38:40 | 0:08:55 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Timothy Welsh | 7K | 0:39:18 | 0:09:03 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| James Taylor | 7K | 0:40:54 | 0:09:25 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------|-----------|---------|---------|-------------------------------------|---------------|-------|------------|
| Carolynn Kish | 7K | 0:42:23 | 0:09:46 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Kosie Shepherd-Porada | 7K | 0:43:22 | 0:10:00 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Taylor Weaver | 7K | 0:44:44 | 0:10:18 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Mike Weaver | 7K | 0:44:45 | 0:10:19 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Terri McQuiston | 7K | 0:44:58 | 0:10:22 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Mike Riggerbach | 7K | 0:46:27 | 0:10:42 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Cathy Swauger | 7K | 0:46:38 | 0:10:45 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Paul Hicks | 7K | 0:46:54 | 0:10:48 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Beth Ann Millen | 7K | 0:47:11 | 0:10:52 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Janet Stewart | 7K | 0:49:03 | 0:11:18 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Joyce Walker | 7K | 0:53:30 | 0:12:20 | Run For The Trail 7K | Dilltown | PA | 8/9/2014 |
| Kosie Shepherd-Porada | 4.5 Miler | 0:42:45 | 0:09:30 | Holidaysburg Turkey Trot 4.5 Miler | Hollidaysburg | PA | 11/29/2014 |
| John Swauger | 8K | 0:42:12 | 0:08:30 | Cold Hands, Warm Hearts 8K | Indiana | PA | 2/8/2014 |
| Tim Welsh | 8K | 0:44:18 | 0:08:56 | Cold Hands, Warm Hearts 8K | Indiana | PA | 2/8/2014 |
| Paul Hicks | 8K | 0:54:29 | 0:10:59 | Cold Hands, Warm Hearts 8K | Indiana | PA | 2/8/2014 |
| Jeannie Bujdos | 5 Miler | 0:31:30 | 0:06:18 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Al Casagranda | 5 Mile | 0:32:18 | 0:06:28 | Butler Road Race 5-Miler | Butler | PA | 6/28/2014 |
| Doug Ulishney | 5 Miler | 0:33:47 | 0:06:45 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Matt Gaudet | 5 Miler | 0:33:59 | 0:06:48 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Marilyn Gregory | 5 Miler | 0:34:33 | 0:06:55 | 37th Annual Medicone Radnor 5 Miler | Wayne | PA | 10/26/2014 |
| Dan McQuiston | 5 Miler | 0:36:17 | 0:07:15 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Noreen See | 5 Miler | 0:40:03 | 0:08:01 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Mary Jean Bujdos | 5 Miler | 0:40:41 | 0:08:08 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Amanda Vresilovic | 5 Miler | 0:41:41 | 0:08:20 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Adam Beilchick | 5 Miler | 0:42:56 | 0:08:35 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Andy See | 5 Miler | 0:45:03 | 0:09:01 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Brett Johns | 5 Mile | 0:47:11 | 0:09:26 | Frigid 5-Miler | Allison Park | PA | 1/12/2014 |
| John Bomboy | 5 Miler | 0:47:50 | 0:09:34 | Latrobe 5 Miler | Latrobe | PA | 6/27/2014 |
| Maria Fruscello | 5 Miler | 0:48:17 | 0:09:39 | Hjeremiah's Place 5 Miler | Allison Park | PA | 4/26/2014 |
| Ashley Smith | 5 Mile | 0:49:52 | 0:09:58 | Frigid 5-Miler | Allison Park | PA | 1/12/2014 |
| Sherry Shank | 6 Miler | 1:10:57 | 0:11:50 | Run The Valely Six Miler | New Bethlehem | PA | 5/24/2014 |
| Jeannie Bujdos | 10K | 0:35:21 | 0:05:42 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------------|----------|---------|---------|-------------------------------|----------------|-------|-----------|
| Mindy Sawtelle-Zottola | 10K | 0:36:32 | 0:05:54 | The Dash Memorial 10K | Scottsdale | PA | 8/17/2014 |
| Mindy Sawtelle-Zottola | 10K | 0:38:54 | 0:06:16 | Run Down Hunger 10K | Oakdale | PA | 4/12/2014 |
| Isaac Zeigler | 10K | 0:39:40 | 0:06:24 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Al Casagrande | 10K | 0:41:13 | 0:06:39 | A Most Excellent 10K | Cleveland | OH | 6/22/2014 |
| Robert Manzi | 10K | 0:42:23 | 0:06:50 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Marilyn Gregory | 10K | 0:42:44 | 0:06:54 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| James Thompson | 10K | 0:43:01 | 0:06:56 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Doug Ulishney | 10K | 0:43:03 | 0:06:57 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Dan Antonacci | 10K | 0:44:35 | 0:07:11 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Jeannie Bujdos | 10K | 0:45:03 | 0:07:16 | FAAP Fall Classic 10K | North Park | PA | 9/7/2014 |
| Dan McQuiston | 10K | 0:45:06 | 0:07:16 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Robert Andelman | 10K | 0:46:53 | 0:07:34 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Julie Ostinowsky | 10K | 0:47:28 | 0:07:39 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Jeff Smith | 10K | 0:48:14 | 0:07:47 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Vince Pavic | 10K | 0:48:26 | 0:07:49 | 10K Across The Bay | Chesapeake Bay | | 11/9/2014 |
| Noreen See | 10K | 0:48:46 | 0:07:52 | The Dash Memorial 10K | Scottsdale | PA | 8/17/2014 |
| Chad Mosco | 10K | 0:48:51 | 0:07:53 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Mary Jean Bujdos | 10K | 0:49:19 | 0:07:57 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Jennifer Grim | 10K | 0:49:35 | 0:08:00 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Dave Miller | 10K | 0:49:51 | 0:08:02 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Delilah Coy | 10K | 0:50:39 | 0:08:10 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Noreen See | 10K | 0:50:47 | 0:08:11 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Scott Bowman | 10K | 0:51:52 | 0:08:22 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Chris Lasser | 10K | 0:52:18 | 0:08:26 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Scott Valazak | 10K | 0:52:37 | 0:08:29 | Johnstown YMCA 10K | Johnstown | PA | 5/3/2014 |
| Amanda Vresilovic | 10K | 0:52:49 | 0:08:31 | Trooper Iwanniec Memorial 10K | Greensburg | PA | 4/26/2014 |
| Art Zottola | 10K | 0:52:56 | 0:08:32 | Run Down Hunger 10K | Oakdale | PA | 4/12/2014 |
| Kristina Zack | 10K | 0:53:03 | 0:08:33 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| John Swauger | 10K | 0:53:25 | 0:08:37 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Rebecca Blews | 10K | 0:54:13 | 0:08:45 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Daniel Pajak | 10K | 0:54:45 | 0:08:50 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Maria Fruscello | 10K | 0:54:56 | 0:08:52 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------|----------|---------|---------|------------------------------|----------------|-------|-----------|
| John Goss | 10K | 0:55:27 | 0:08:57 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Sherry Shank | 10K | 0:55:40 | 0:08:59 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Tracy McKeel | 10K | 0:55:40 | 0:08:59 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Helena Derr | 10K | 0:56:09 | 0:09:03 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Mike Derr | 10K | 0:56:09 | 0:09:03 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Bill Serafin | 10K | 0:56:19 | 0:09:05 | 2nd Hulk Trail Challenge 10K | Myrtle Beach | SC | 3/2/2014 |
| Jennifer Blyston | 10K | 0:56:38 | 0:09:08 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Tom Fetterman | 10K | 0:56:58 | 0:09:11 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Cheryl Bevard | 10K | 0:56:58 | 0:09:11 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Ashley Smith | 10K | 0:57:24 | 0:09:15 | Hershey 10K | Hershey | PA | 4/13/2014 |
| Art Zottola | 10K | 0:57:53 | 0:09:20 | The Dash Memorial 10K | Scottsdale | PA | 8/17/2014 |
| Becky Pavic | 10K | 0:58:23 | 0:09:25 | 10K Across The Bay | Chesapeake Bay | | 11/9/2014 |
| Timothy Welsh | 10K | 0:58:24 | 0:09:25 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Jim Ostinowsky | 10K | 0:58:49 | 0:09:29 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Alyson Pajak | 10K | 0:59:30 | 0:09:36 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Patrick Scanlon | 10K | 0:59:35 | 0:09:37 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| James Taylor | 10K | 0:59:50 | 0:09:39 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Jennifer Reaugh | 10K | 0:59:55 | 0:09:40 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Jami Kish | 10K | 0:59:59 | 0:09:40 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Tim Welsh | 10K | 1:00:21 | 0:09:44 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Charles Frank | 10K | 1:00:49 | 0:09:49 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| John Bomboy | 10K | 1:00:52 | 0:09:49 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Molly Lyons | 10K | 1:01:10 | 0:09:52 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Darlene Hudak | 10K | 1:01:29 | 0:09:55 | Boston Harvest 10K | Boston | PA | 9/20/2014 |
| Carolynn Kish | 10K | 1:01:34 | 0:09:56 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Shari Brown | 10K | 1:02:04 | 0:10:01 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Rob Brown | 10K | 1:02:04 | 0:10:01 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Molly Zack | 10K | 1:02:26 | 0:10:04 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Joe Bujdos | 10K | 1:03:32 | 0:10:15 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Bob Rout | 10K | 1:04:21 | 0:10:23 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Terri McQuiston | 10K | 1:04:43 | 0:10:26 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Pat Scanlon | 10K | 1:04:46 | 0:10:27 | Marine Corps Historic 10K | Fredericksburg | VA | 5/18/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------------|----------|---------|---------|------------------------------|--------------|---------|-----------|
| Scott Valazak | 10K | 1:05:35 | 0:10:35 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Taylor Weaver | 10K | 1:05:49 | 0:10:37 | The Dash Memorial 10K | Scottsdale | PA | 8/17/2014 |
| Mike Weaver | 10K | 1:05:50 | 0:10:37 | The Dash Memorial 10K | Scottsdale | PA | 8/17/2014 |
| Paul Hicks | 10K | 1:08:10 | 0:11:00 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Cathy Swauger | 10K | 1:08:23 | 0:11:02 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Janet Stewart | 10K | 1:08:41 | 0:11:05 | Run The Plank 10K | Hooversville | PA | 5/17/2014 |
| Janet Stewart | 10K | 1:09:12 | 0:11:10 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Nick Fruscello | 10K | 1:09:27 | 0:11:12 | Great Race 10K | Pittsburgh | PA | 9/28/2014 |
| Joyce Walker | 10K | 1:16:19 | 0:12:19 | Fool's Run 5K | Indiana | PA | 4/5/2014 |
| Brett Johns | 11K | 1:03:54 | 0:09:22 | Bavarian Run 11K | Munich | Germany | 7/6/2014 |
| Gary Honkus | 9 Miler | 0:53:17 | 0:05:55 | Lisa Rosa Flood City 9 Miler | Johnstown | PA | 5/24/2014 |
| Tina Honkus | 9 Miler | 1:02:53 | 0:06:59 | Lisa Rosa Flood City 9 Miler | Johnstown | PA | 5/24/2014 |
| Bill Stroup | 15K | 1:25:39 | 0:09:13 | Roaring Run Earth Day Dash | Apollo | PA | 4/19/2014 |
| Darlene Hudak | 15K | 1:48:43 | 0:11:41 | Roaring Run Earth Day Dash | Apollo | PA | 4/19/2014 |
| Roman Tate | 15K | 1:19:47 | 0:08:29 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Dan Antonacci | 15K | 1:24:02 | 0:08:56 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Marilyn Gregory | 15K | 1:27:22 | 0:09:18 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Chris Sharbaugh | 15K | 1:38:51 | 0:10:31 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Sherry Shank | 15K | 1:49:31 | 0:11:39 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Kristina Zack | 15K | 1:50:11 | 0:11:43 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Tabitha Conrad | 15K | 1:51:29 | 0:11:52 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Jennifer Wally Blystone | 15K | 1:51:38 | 0:11:53 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Thad Dalby | 15K | 1:51:57 | 0:11:55 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| John Goss | 15K | 1:54:18 | 0:12:10 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Tracy McKeel | 15K | 1:56:05 | 0:12:21 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Jami Kish | 15K | 1:56:36 | 0:12:24 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| William Stroup | 15K | 1:57:49 | 0:12:32 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Donna Scanlon | 15K | 2:02:24 | 0:13:01 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Carolynn Kish | 15K | 2:08:30 | 0:13:40 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Paul Hicks | 15K | 2:12:57 | 0:14:09 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Joyce Walker | 15K | 2:31:20 | 0:16:06 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |
| Janet Stewart | 15K | 2:41:51 | 0:17:13 | Deer Fly 15K | Penn Run | PA | 7/27/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------------|---------------|---------|---------|---------------------------------|--------------|-------|------------|
| Dan Antonacci | 10K | 0:44:04 | 0:04:24 | Marine Corps 10K | Washington | DC | 10/26/2014 |
| Maria Fruscello | 10K | 0:53:14 | 0:05:19 | Marine Corps 10K | Washington | DC | 10/26/2014 |
| Jeannie Bujdos | 10 Miler | 1:04:27 | 0:06:27 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Herb Cratty | 10 Mile | 1:08:46 | 0:06:53 | P&LE Express 10 Mile | Boston | PA | 8/10/2014 |
| Jeff Graham | 10 Mile | 1:21:40 | 0:08:10 | Spring Thaw 10-15-20 Miler | Allison Park | PA | 2/22/2014 |
| Sherry Shank | 10 Mile | 1:29:49 | 0:08:59 | Army Ten Miler | Washington | DC | 10/12/2014 |
| Ron Orr | 10 Mile | 1:32:04 | 0:09:12 | Morley's Run 10 Miler | Johnstown | PA | 11/1/2014 |
| Tracy McKeel | 10 Miler | 1:34:55 | 0:09:30 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Helena Rados-Derr | 10 Miler | 1:34:56 | 0:09:30 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Sara Necciai | 10 Mile | 1:37:51 | 0:09:47 | Spring Thaw 10-15-20 Miler | Allison Park | PA | 2/22/2014 |
| Rob Brown | 10 Miler | 1:37:59 | 0:09:48 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Brett Johns | 10 Mile | 1:38:43 | 0:09:52 | Spring Thaw 10-15-20 Miler | Allison Park | PA | 2/22/2014 |
| Curt Mertz | 10 Mile | 1:46:12 | 0:10:37 | Army Ten Miler | Washington | DC | 10/12/2014 |
| Shari Brown | 10 Miler | 1:46:56 | 0:10:42 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Cathy Swauger | 10 Miler | 1:46:56 | 0:10:42 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Ashley Smith | 10 Miler | 1:48:47 | 0:10:53 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Judi Gatti | 10 Miler | 1:51:31 | 0:11:09 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Lori Gradwell | 10 Miler | 1:51:32 | 0:11:09 | EQT Ten Miler | Pittsburgh | PA | 11/9/2014 |
| Curt Mertz | 20K | 3:02:00 | 0:14:41 | Western PA Endurance Fest | Indiana | PA | 3/29/2014 |
| Mary Jean Bujdos | 21K | 3:01:00 | 0:13:54 | Pellegrino Parmense | Parma, Italy | | 6/2/2014 |
| Mindy Sawtelle-Zottola | Half Marathon | 1:21:10 | 0:06:12 | Mighty Niagara Half Marathon | Lewiston | NY | 9/20/2014 |
| Mindy Sawtelle-Zottola | Half Marathon | 1:23:37 | 0:06:23 | Bigfoot Half Marathon | Kittanning | PA | 4/5/2014 |
| Jeannie Bujdos | Half Marathon | 1:24:06 | 0:06:25 | Johnstown Half Marathon | Johnstown | PA | 10/5/2014 |
| Roman Tate | Half Marathon | 1:27:29 | 0:06:41 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Marilyn Gregory | Half Marathon | 1:30:22 | 0:06:54 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Robert Manzi | Half Marathon | 1:32:26 | 0:07:03 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Herb Cratty | Half Marathon | 1:33:51 | 0:07:10 | Fairmont Run To Read Half | Fairmont | WV | 1/5/2014 |
| Matt Denning | Half Marathon | 1:36:08 | 0:07:20 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Laura Yevchak | Half Marathon | 1:36:42 | 0:07:23 | Medical Mutual Glass City Half | Toldeo | OH | 4/27/2014 |
| Isaac Zeigler | Half Marathon | 1:38:10 | 0:07:30 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Dan Antonacci | Half Marathon | 1:38:15 | 0:07:30 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------|---------------|---------|---------|---------------------------------|---------------|-------|------------|
| Matt Denning | Half Marathon | 1:38:16 | 0:07:30 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Isaac Zeigler | Half Marathon | 1:38:26 | 0:07:31 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Matt Denning | Half Marathon | 1:39:02 | 0:07:34 | Buffalo Creek Half Marathon | Freeport | PA | 10/18/2014 |
| Jeff Graham | Half Marathon | 1:42:05 | 0:07:48 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Dan McQuiston | Half Marathon | 1:42:47 | 0:07:51 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Dan Antonacci | Half Marathon | 1:43:01 | 0:07:52 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Brandt Hutzell | Half Marathon | 1:43:07 | 0:07:52 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Tom Fanning | Half Marathon | 1:44:32 | 0:07:59 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Scott Valazak | Half Marathon | 1:45:44 | 0:08:04 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Chad Mosco | Half Marathon | 1:46:18 | 0:08:07 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Doug Ulishney | Half Marathon | 1:47:45 | 0:08:14 | Run To Read Half Marathon | ? | WV | 1/5/2014 |
| Brad Rives | Half Marathon | 1:48:13 | 0:08:16 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Scott Bauer | Half Marathon | 1:48:34 | 0:08:17 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Amanda Vresilovic | Half Marathon | 1:49:27 | 0:08:21 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Robert Andelman | Half Marathon | 1:49:38 | 0:08:22 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Scott Valazak | Half Marathon | 1:49:59 | 0:08:24 | Johnstown Half Marathon | Johnstown | PA | 10/5/2014 |
| Julie Doyle | Half Marathon | 1:50:07 | 0:08:24 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Aileen Bowman | Half Marathon | 1:50:38 | 0:08:27 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Mike Weaver | Half Marathon | 1:52:07 | 0:08:34 | Buffalo Creek Half Marathon | Freeport | PA | 10/18/2014 |
| Scott Valazak | Half Marathon | 1:53:00 | 0:08:38 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Scott Bauer | Half Marathon | 1:53:33 | 0:08:40 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Art Zottola | Half Marathon | 1:53:46 | 0:08:41 | Buffalo Half Marathon | Buffalo | NY | 5/25/2014 |
| Thad Dalby | Half Marathon | 1:54:10 | 0:08:43 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Bill Serafin | Half Marathon | 1:54:40 | 0:08:45 | Myrtle Beach Half Marathon | Myrtle Beach | SC | 2/15/2014 |
| John Swauger | Half Marathon | 1:55:17 | 0:08:48 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| John Swauger | Half Marathon | 1:55:18 | 0:08:48 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Art Zottola | Half Marathon | 1:56:24 | 0:08:53 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Michelle Weaver | Half Marathon | 1:56:30 | 0:08:54 | Buffalo Creek Half Marathon | Freeport | PA | 10/18/2014 |
| Ray Peterman | Half Marathon | 1:56:32 | 0:08:54 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Aileen Bowman | Half Marathon | 1:56:32 | 0:08:54 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------------|---------------|---------|---------|---------------------------------|----------------|-------|------------|
| Art Zottola | Half Marathon | 1:56:48 | 0:08:55 | Columbus Half Marathon | Columbus | OH | 10/19/2014 |
| Terry Zeigler | Half Marathon | 1:56:51 | 0:08:55 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Chris Lasser | Half Marathon | 1:57:11 | 0:08:57 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Art Zottola | Half Marathon | 1:57:40 | 0:08:59 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Aileen Bowman | Half Marathon | 1:57:41 | 0:08:59 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Michelle Weaver | Half Marathon | 1:57:55 | 0:09:00 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Bill Stroup | Half Marathon | 1:58:19 | 0:09:02 | Decker's Creek Half Marathon | Morgantown | WV | 6/7/2014 |
| Art Zottola | Half Marathon | 1:58:35 | 0:09:03 | Bigfoot Half Marathon | Kittanning | PA | 4/5/2014 |
| Rachel Springer | Half Marathon | 1:58:53 | 0:09:05 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Donna Scanlon | Half Marathon | 1:59:01 | 0:09:05 | Akron Half Marathon | Akron | OH | 9/27/2014 |
| Larry Cusick | Half Marathon | 1:59:17 | 0:09:06 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| William Stroup | Half Marathon | 1:59:27 | 0:09:07 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Jennifer Bianco | Half Marathon | 1:59:41 | 0:09:08 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Kim Alexandre | Half Marathon | 2:00:42 | 0:09:13 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Lisa (Lloyd) Prebish | Half Marathon | 2:00:50 | 0:09:13 | Medical Mutual Glass City Half | Toldeo | OH | 4/27/2014 |
| Chris Lasser | Half Marathon | 2:00:53 | 0:09:14 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Scott Bowman | Half Marathon | 2:01:33 | 0:09:17 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Scott Valazak | Half Marathon | 2:01:37 | 0:09:17 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Ray Peterman | Half Marathon | 2:01:56 | 0:09:18 | Martian Invasion Half Marathon | Dearborn | MI | 4/12/2014 |
| Kim Alexandre | Half Marathon | 2:02:01 | 0:09:19 | Harrisburg Half Marathon | Harrisburg | PA | 9/7/2014 |
| Kristina Zack | Half Marathon | 2:02:10 | 0:09:20 | Greensburg Half Marathon | Greensburg | PA | 9/20/2014 |
| Philip Leopold | Half Marathon | 2:02:14 | 0:09:20 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Jed Fetterman | Half Marathon | 2:02:22 | 0:09:20 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Sara Necciai | Half Marathon | 2:02:31 | 0:09:21 | Buffalo Half Marathon | Buffalo | NY | 5/25/2014 |
| Terry Zeigler | Half Marathon | 2:03:36 | 0:09:26 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Aileen Bowman | Half Marathon | 2:03:42 | 0:09:27 | Virginia Beach R&R Half | Virginia Beach | VA | 8/31/2014 |
| Jennifer Wally Blystone | Half Marathon | 2:03:50 | 0:09:27 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Darcie Stephens | Half Marathon | 2:04:09 | 0:09:29 | Wineglass Half Marathon | Corning | NY | 10/5/2014 |
| Brett Johns | Half Marathon | 2:04:23 | 0:09:30 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Linda Leopold | Half Marathon | 2:04:53 | 0:09:32 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|----------------------------|---------------|---------|---------|-------------------------------------|-----------------|-------|-----------|
| Scott Bowman | Half Marathon | 2:05:23 | 0:09:34 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Michelle Weaver | Half Marathon | 2:05:24 | 0:09:34 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Donna Scanlon | Half Marathon | 2:07:11 | 0:09:43 | Marine Corps Historic Half Marathon | Fredericksburg | VA | 5/18/2014 |
| Evonne (Grguric) Vojnovich | Half Marathon | 2:07:43 | 0:09:45 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Mary Lasser | Half Marathon | 2:07:47 | 0:09:45 | 44th Annual Maui Half Marathon | Maui | HI | 9/20/2014 |
| Sherry Shank | Half Marathon | 2:08:36 | 0:09:49 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Scott Bowman | Half Marathon | 2:09:08 | 0:09:51 | Virginia Beach R&R Half | Virginia Beach | VA | 8/31/2014 |
| Art Zottola | Half Marathon | 2:09:38 | 0:09:54 | Mighty Niagara Half Marathon | Lewiston | NY | 9/20/2014 |
| Sara Necciai | Half Marathon | 2:12:17 | 0:10:06 | Wineglass Half Marathon | Corning | NY | 10/5/2014 |
| Donna Scanlon | Half Marathon | 2:12:45 | 0:10:08 | Flannery's Pub Run Half | Mercersburg | PA | 4/20/2014 |
| John Swauger | Half Marathon | 2:12:58 | 0:10:09 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Jill Horvatic | Half Marathon | 2:13:09 | 0:10:10 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Rick Conroy | Half Marathon | 2:13:09 | 0:10:10 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Ginny Winters | Half Marathon | 2:15:18 | 0:10:20 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| John Chernega | Half Marathon | 2:15:18 | 0:10:20 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| John Bomboy | Half Marathon | 2:15:22 | 0:10:20 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Vanessa Dzuro | Half Marathon | 2:15:56 | 0:10:23 | Philadelphia R&R Half Marathon | Philadelphia | PA | 9/20/2014 |
| David Dzuro | Half Marathon | 2:15:56 | 0:10:23 | Philadelphia R&R Half Marathon | Philadelphia | PA | 9/20/2014 |
| Dan Debo | Half Marathon | 2:16:03 | 0:10:23 | Jersey Shore Half Marathon | Sandy Hook Park | NJ | 10/5/2014 |
| Helena Rados-Derr | Half Marathon | 2:16:35 | 0:10:26 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Ashley Smith | Half Marathon | 2:16:40 | 0:10:26 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Vanessa Dzuro | Half Marathon | 2:16:53 | 0:10:27 | Virginia Beach R&R Half | Virginia Beach | VA | 8/31/2014 |
| David Dzuro | Half Marathon | 2:16:53 | 0:10:27 | Virginia Beach R&R Half | Virginia Beach | VA | 8/31/2014 |
| Nicki Denning | Half Marathon | 2:17:25 | 0:10:29 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Carolynn Kish | Half Marathon | 2:17:55 | 0:10:32 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Kim Peterman | Half Marathon | 2:18:20 | 0:10:34 | Martian Invasion Half Marathon | Dearborn | MI | 4/12/2014 |
| Mailin Debo | Half Marathon | 2:19:45 | 0:10:40 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Dan Debo | Half Marathon | 2:19:47 | 0:10:40 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Vanessa Dzuro | Half Marathon | 2:19:51 | 0:10:41 | R & R USA Half Marathon | Washington | DC | 3/25/2014 |
| David Dzuro | Half Marathon | 2:19:51 | 0:10:41 | R & R USA Half Marathon | Washington | DC | 3/25/2014 |
| Vanessa Dzuro | Half Marathon | 2:20:33 | 0:10:44 | R & R Chicago Half Marathon | Chicago | IL | 7/20/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|--------------------|---------------|---------|---------|-----------------------------------|-----------------|-------|------------|
| David Dzuro | Half Marathon | 2:20:33 | 0:10:44 | R & R Chicago Half Marathon | Chicago | IL | 7/20/2014 |
| Darlene Hudak | Half Marathon | 2:21:08 | 0:10:46 | Decker's Creek Half Marathon | Morgantown | WV | 6/7/2014 |
| Linda Leopold | Half Marathon | 2:22:09 | 0:10:51 | Harrisburg Half Marathon | Harrisburg | PA | 9/7/2014 |
| Nicki Denning | Half Marathon | 2:23:55 | 0:10:59 | Buffalo Creek Half Marathon | Freeport | PA | 10/18/2014 |
| Christine Orlosky | Half Marathon | 2:24:00 | 0:11:00 | Northern Ohio Half Marathon | Fairport Harbor | OH | 10/12/2014 |
| Tim Welsh | Half Marathon | 2:26:24 | 0:11:11 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Curt Mertz | Half Marathon | 2:26:24 | 0:11:11 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Lori Gradwell | Half Marathon | 2:28:08 | 0:11:18 | Newport Half Marathon | Newport | RI | 10/12/2014 |
| Lori Gradwell | Half Marathon | 2:28:08 | 0:11:18 | Newport Half Marathon | Newport | RI | 10/12/2014 |
| Christie Orlosky | Half Marathon | 2:29:47 | 0:11:26 | Cleveland Half Marathon | Cleveland | OH | 5/18/2014 |
| Terri McQuiston | Half Marathon | 2:30:00 | 0:11:27 | Rivertowns Half Marathon | Danville | PA | 5/4/2014 |
| Terri McQuisten | Half Marathon | 2:30:48 | 0:11:31 | Marshall University Half Marathon | Huntington | WV | 11/2/2014 |
| Bitty Miller | Half Marathon | 2:32:08 | 0:11:37 | Nittany Valley Half Marathon | State College | PA | 12/7/2014 |
| Cathy Swauger | Half Marathon | 2:32:52 | 0:11:40 | Virginia Beach R&R Half | Virginia Beach | VA | 8/31/2014 |
| John Swauger | Half Marathon | 2:32:53 | 0:11:40 | Virginia Beach R&R Half | Virginia Beach | VA | 8/31/2014 |
| Lori Gradwell | Half Marathon | 2:33:38 | 0:11:44 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| William Bracken | Half Marathon | 2:34:12 | 0:11:46 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Lecinda Yevchak | Half Marathon | 2:35:15 | 0:11:51 | Medical Mutual Glass City Half | Toldeo | OH | 4/27/2014 |
| Evelyn Gill | Half Marathon | 2:35:57 | 0:11:54 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Ashley Smith | Half Marathon | 2:36:09 | 0:11:55 | Mini Marathon Half Marathon | Myrtle Beach | SC | 10/18/2014 |
| Christine Orlosky | Half Marathon | 2:36:35 | 0:11:57 | Buffalo Creek Half Marathon | Freeport | PA | 10/18/2014 |
| Ann Blair Thornton | Half Marathon | 2:39:03 | 0:12:08 | Las Vegas R & R Half Marathon | Las Vegas | NV | 11/16/2014 |
| Paul Hicks | Half Marathon | 2:42:08 | 0:12:23 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Tina Honkus | Half Marathon | 2:43:31 | 0:12:29 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Gary Honkus | Half Marathon | 2:43:32 | 0:12:29 | Path Of The Flood Half Marathon | Johnstown | PA | 6/1/2014 |
| Janet Stewart | Half Marathon | 2:47:56 | 0:12:49 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Ashley Smith | Half Marathon | 2:51:09 | 0:13:04 | Disney World Half Marathon | Orlando | FL | 1/11/2014 |
| Mike Rigenbach | Half Marathon | 2:52:05 | 0:13:08 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Samatha Flick | Half Marathon | 2:52:14 | 0:13:09 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Janet Stewart | Half Marathon | 2:54:11 | 0:13:18 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------------|---------------|---------|---------|--------------------------------|--------------|-------|------------|
| Jay Alexandre | Half Marathon | 2:55:36 | 0:13:24 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Beth Zeigler | Half Marathon | 2:56:09 | 0:13:27 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Joyce Walker | Half Marathon | 2:57:41 | 0:13:34 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Tina Honkus | Half Marathon | 2:58:32 | 0:13:38 | Philadelphia R&R Half Marathon | Philadelphia | PA | 9/20/2014 |
| Gary Honkus | Half Marathon | 2:58:32 | 0:13:38 | Philadelphia R&R Half Marathon | Philadelphia | PA | 9/20/2014 |
| Janine Maust | Half Marathon | 3:03:38 | 0:14:01 | IFB Veteran's Half Marathon | Black Lick | PA | 11/9/2014 |
| Shawn Cable | Half Marathon | 3:13:06 | 0:14:44 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Sarah Leopold | Half Marathon | 3:13:07 | 0:14:45 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Chris Mondì | Half Marathon | 3:30:56 | 0:16:06 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Michelle Muckian | Half Marathon | 3:30:56 | 0:16:06 | Pittsburgh Half Marathon | Pittsburgh | PA | 5/4/2014 |
| Dan McQuiston | 14 Miles | 2:12:01 | 0:09:26 | Upchuck Classic | Beaverdale | PA | 7/4/2014 |
| Jeff Graham | 15 Mile | 2:02:42 | 0:08:11 | Spring Thaw 10-15-20 Miler | Allison Park | PA | 2/22/2014 |
| Al Casagranda | 15 Mile | 2:24:00 | 0:09:36 | Burning River 100 Mile Relay | Cleveland | OH | 8/2/2014 |
| Nicole Dann Payne | 25K | 2:26:26 | 0:09:34 | Deer Fly 25K | Penn Run | PA | 7/27/2014 |
| Candice Lockard | 25K | 2:43:10 | 0:10:40 | Deer Fly 25K | Penn Run | PA | 7/27/2014 |
| James Thompson | 25K | 2:48:34 | 0:11:01 | Deer Fly 25K | Penn Run | PA | 7/27/2014 |
| Bill Serafin | 25K | 2:58:38 | 0:11:41 | Deer Fly 25K | Penn Run | PA | 7/27/2014 |
| Tom Fanning | 25K | 3:00:30 | 0:11:48 | Deer Fly 25K | Penn Run | PA | 7/27/2014 |
| Mary Jean Bujdos | 25K | 3:19:18 | 0:13:02 | Deer Fly 25K | Penn Run | PA | 7/27/2014 |
| Brandt Hutzell | 25K | 2:19:53 | 0:09:01 | Dirty Kiln 25K | Canoe Creek | PA | 4/5/2014 |
| Bill Serafin | 25K | 2:30:09 | 0:09:41 | Dirty Kiln 25K | Canoe Creek | PA | 4/5/2014 |
| Tom Fanning | 25K | 2:36:28 | 0:10:06 | Groundhog Jog 25K | Punxsutawney | PA | 9/6/2014 |
| Mike Weaver | 25K | 2:51:15 | 0:11:03 | Western PA Endurance Fest | Indiana | PA | 3/29/2014 |
| Bill Serafin | 25K | 2:56:00 | 0:11:21 | Western PA Endurance Fest | Indiana | PA | 3/29/2014 |
| Sherry Shank | 25K | 3:08:57 | 0:12:11 | Groundhog Jog 25K | Punxsutawney | PA | 9/6/2014 |
| John Goss | 25K | 3:46:16 | 0:14:36 | Groundhog Jog 25K | Punxsutawney | PA | 9/6/2014 |
| Chris Mondì | 25K | 6:22:18 | 0:24:40 | Groundhog Jog 25K | Punxsutawney | PA | 9/6/2014 |
| Kevin Doyle | Marathon | 2:30:04 | 0:05:44 | Boston Marathon | Boston | MA | 4/21/2014 |
| Tom Lipsie | Marathon | 2:45:27 | 0:06:19 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Mindy Sawtelle-Zottola | Marathon | 2:55:52 | 0:06:43 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Mindy Sawtelle-Zottola | Marathon | 2:58:55 | 0:06:50 | Columbus Marathon | Columbus | OH | 10/19/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------------|----------|---------|---------|-------------------------------------|---------------|--------|------------|
| Mindy Sawtelle-Zottola | Marathon | 3:05:06 | 0:07:04 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Nicole Dann Payne | Marathon | 3:15:08 | 0:07:27 | Boston Marathon | Boston | MA | 4/21/2014 |
| Al Casagrande | Marathon | 3:24:07 | 0:07:47 | Pro Football HOF Marathon | Canton | OH | 4/27/2014 |
| Doug Ulishney | Marathon | 3:24:34 | 0:07:48 | Erie Marathon | Erie | PA | 9/14/2014 |
| Jean-Yves Boulard | Marathon | 3:25:21 | 0:07:50 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Mike Hodak | Marathon | 3:38:31 | 0:08:20 | Boston Marathon | Boston | MA | 4/21/2014 |
| Dan McQuiston | Marathon | 3:41:37 | 0:08:28 | Marshall University Marathon | Huntington | WV | 11/2/2014 |
| Dan McQuiston | Marathon | 3:42:00 | 0:08:28 | Rivertowns Marathon | Danville | PA | 5/4/2014 |
| Al Lockard | Marathon | 3:42:45 | 0:08:30 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Tom Whitcomb | Marathon | 3:44:12 | 0:08:33 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Mike Weaver | Marathon | 3:44:13 | 0:08:33 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Laura Yevchak | Marathon | 3:46:11 | 0:08:38 | Athem Richmond Marathon | Richmond | VA | 11/15/2014 |
| Dave Miller | Marathon | 3:50:09 | 0:08:47 | Steamtown Marathon | Scranton | PA | 10/12/2014 |
| Brandt Hutzell | Marathon | 3:51:43 | 0:08:51 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Bill Geiger | Marathon | 3:52:20 | 0:08:52 | Athens Marathon | Athens, | Greece | 11/9/2014 |
| Tommy Fetterman | Marathon | 3:52:58 | 0:08:54 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Dan McQuiston | Marathon | 3:53:15 | 0:08:54 | Freedom Run Marathon | Harpers Ferry | WV | 10/4/2014 |
| Mike Hodak | Marathon | 3:54:06 | 0:08:56 | Bay of Fundy International Marathon | Lubec | ME | 6/15/2014 |
| Candi Lockard | Marathon | 3:55:04 | 0:08:58 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Rob Andelman | Marathon | 3:55:41 | 0:09:00 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Aileen Bowman | Marathon | 3:56:19 | 0:09:01 | Steamtown Marathon | Scranton | PA | 10/12/2014 |
| Mike Hodak | Marathon | 3:58:22 | 0:09:06 | Freedom Run Marathon | Harpers Ferry | WV | 10/4/2014 |
| Doug Ulishney | Marathon | 3:59:27 | 0:09:08 | Boston Marathon | Boston | MA | 4/21/2014 |
| Laura Yevchak | Marathon | 4:01:00 | 0:09:12 | Bob Potts Marathon | York | PA | 5/25/2014 |
| David G. Miller | Marathon | 4:07:27 | 0:09:27 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Mary Jean Bujdos | Marathon | 4:08:57 | 0:09:30 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Mary Jean Bujdos | Marathon | 4:09:55 | 0:09:32 | Johnstown Marathon | Johnstown | PA | 10/5/2014 |
| Chris Peters | Marathon | 4:12:57 | 0:09:39 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| John Swauger | Marathon | 4:16:29 | 0:09:47 | Boston Marathon | Boston | MA | 4/21/2014 |
| Dave Miller | Marathon | 4:17:11 | 0:09:49 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------------|----------------|---------|---------|-------------------------------|--------------|-------|------------|
| Mary Jean Bujdos | Marathon | 4:18:39 | 0:09:52 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Scott Bauer | Marathon | 4:20:59 | 0:09:58 | Marine Corps Marathon | Washington | DC | 10/26/2014 |
| Ray Peterman | Marathon | 4:22:22 | 0:10:01 | Marine Corps Marathon | Washington | DC | 10/26/2014 |
| Tracy McKeel | Marathon | 4:25:38 | 0:10:08 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Chris Lasser | Marathon | 4:26:30 | 0:10:10 | 44th Annual Maui Marathon | Maui | HI | 9/20/2014 |
| Bitty Miller | Marathon | 4:29:36 | 0:10:17 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Tracy McKeel | Marathon | 4:30:13 | 0:10:19 | Marine Corps Marathon | Washington | DC | 10/26/2014 |
| Aileen Bowman | Marathon | 4:36:21 | 0:10:33 | Boston Marathon | Boston | MA | 4/21/2014 |
| Kimbra Alexandre | Marathon | 4:37:11 | 0:10:35 | Harrisburg Marathon | Harrisburg | PA | 11/9/2014 |
| Kyle Ward | Marathon | 4:42:25 | 0:10:47 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Thad Dalby | Marathon | 5:00:39 | 0:11:29 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Vanessa Dzuro | Marathon | 5:32:05 | 0:12:40 | Marine Corps Marathon | Washington | DC | 10/26/2014 |
| David Dzuro | Marathon | 5:32:05 | 0:12:40 | Marine Corps Marathon | Washington | DC | 10/26/2014 |
| Elizabeth (Bitty) Miller | Marathon | 5:32:45 | 0:12:42 | IFB Veteran's Marathon | Black Lick | PA | 11/9/2014 |
| Joe Bujdos | Marathon | 5:43:35 | 0:13:07 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Scott Bowman | Marathon | 5:49:21 | 0:13:20 | Boston Marathon | Boston | MA | 4/21/2014 |
| Donna Zukas | Marathon | 5:51:02 | 0:13:24 | R & R Savannah Marathon | Savannah | GA | 11/8/2014 |
| Kim Peterman | Marathon | 5:51:05 | 0:13:24 | Marine Corps Marathon | Washington | DC | 10/26/2014 |
| Cathy Swauger | Marathon | 5:51:15 | 0:13:24 | Boston Marathon | Boston | MA | 4/21/2014 |
| Bob Crawford | Marathon | 6:09:45 | 0:14:07 | Pittsburgh Marathon | Pittsburgh | PA | 5/4/2014 |
| Ashley Smith | Marathon | 6:11:19 | 0:14:10 | Disney World Marathon | Orlando | FL | 1/12/2014 |
| Candi Lockard | 50K | 5:16:27 | 0:10:12 | Groundhog Jog 50K | Punxsutawney | PA | 9/6/2014 |
| Darryl Walker | 50K | 5:46:35 | 0:11:11 | Groundhog Jog 50K | Punxsutawney | PA | 9/6/2014 |
| Bill Serafin | 50K | 5:50:05 | 0:11:18 | Groundhog Jog 50K | Punxsutawney | PA | 9/6/2014 |
| Candi Lockard | 50K | 6:28:36 | 0:12:32 | Laurel Highlands Ultra 50K | Ohiopyle | PA | 6/14/2014 |
| Al Lockard | 50K | 7:15:56 | 0:14:04 | Laurel Highlands Ultra 50K | Ohiopyle | PA | 6/14/2014 |
| Bill Serafin | 50K | 7:19:35 | 0:14:11 | Laurel Highlands Ultra 50K | Ohiopyle | PA | 6/14/2014 |
| Candi Lockard | 50 Miler | 8:23:22 | 0:10:04 | Tussey Mountain 50 Mile Ultra | Boalsburg | PA | 10/19/2014 |
| Al Casagranda (Team Result) | 200 Mile Relay | ##### | 0:07:02 | Bourbon Chase Relay | Louisville | KY | 10/11/2014 |
| Jacob Steiner | | 0:21:29 | | Burrell Twp Run 4 R Library | Black Lick | PA | 6/21/2014 |
| Wendy Steiner | | 0:22:06 | | Burrell Twp Run 4 R Library | Black Lick | PA | 6/21/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------|------------|---------|------|-----------------------------------|---------------|-------|------------|
| Tina Honkus | 5K | 0:00:00 | | Eltro Dash 5K (Untimed Event) | Pittsburgh | PA | 8/22/2014 |
| Matthew Blystone | | 0:01:27 | | Kids Klassic | Indiana | PA | 9/27/2014 |
| Jonathan Gearhart | | 0:03:52 | | Kids Klassic | Indiana | PA | 9/27/2014 |
| Taylor Weaver | | 0:04:25 | | Run To Rember Kids Race | Kittanning | PA | 9/14/2014 |
| Kyla Weaver | | 0:04:26 | | Run To Rember Kids Race | Kittanning | PA | 9/14/2014 |
| Joey Bujdos | | 0:10:10 | | WAADA Championships | Indiana | PA | 10/1/2014 |
| Joey Bujdos | | 0:11:54 | | Slippery Rock XC Invitational | Slippery Rock | PA | 9/13/2014 |
| Jacob Fritz | | 0:13:52 | | Slippery Rock XC Invitational | Slippery Rock | PA | 9/13/2014 |
| Katie Conrad | | 0:15:37 | | Slippery Rock XC Invitational | Slippery Rock | PA | 9/13/2014 |
| Veronica Bujdos | | 0:24:11 | | Davis & Elkin XC Championship | Elkins | WV | 9/7/2014 |
| Tom Fanning | Relay Bike | 0:28:21 | | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Brett Johns | ???? | 0:44:31 | | Warrior Dash Obstacle Mud Run | Millfield | OH | 5/31/2014 |
| Brett Johns | ???? | 1:00:05 | | Gladiator R&R Obstacle Mud Run | Export | PA | 9/20/2014 |
| Philip Leopold | | 1:05:00 | | Ebensburg Duathlon | Ebensburg | PA | 7/26/2014 |
| Marilyn Gregory | | 1:05:25 | | Delaware Classic Mid Atlantic | Deleware City | DE | 10/12/2014 |
| Dan Antonacci | Triathlon | 1:15:47 | | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Linda Leopold | | 1:22:00 | | Ebensburg Duathlon | Ebensburg | PA | 7/26/2014 |
| Erik Lauber | Triathlon | 1:28:16 | | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Brett Johns | | 1:28:51 | | A Spring Classic Sprint Triathlon | Boardman | OH | 5/11/2014 |
| Tabitha Conrad | Triathlon | 1:35:15 | | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Scott Bowman | Triathlon | 1:35:44 | | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Denise Zahorchak | Triathlon | 1:39:02 | | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Megan White | Triathlon | 1:48:05 | | Jackie Kallal Yellow Creek Tri | Penn Run | PA | 6/14/2014 |
| Vince Pavic | ? | 1:52:31 | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |
| Denise Zahorchak | Tri | 3:29:06 | | FNB Pittsburgh Triathlon | Pittsburgh | PA | 8/3/2014 |
| Tommy Fetterman | ? | 5:23:01 | | Rothrock Trail Challenge | Boalsburg | PA | 6/7/2014 |
| Jed Fetterman | ? | 5:23:02 | | Rothrock Trail Challenge | Boalsburg | PA | 6/7/2014 |
| Denise Zahorchak | Triathlon | 8:10:01 | | Patriot's Half Iron Man Tri | Williamsburg | VA | 9/6/2014 |
| Tracy McKeel | ? | ?:?:?? | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |
| Megan White | ? | ?:?:?? | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |
| Don Zahorchak | ? | ?:?:?? | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |

IRRC MEMBER RACE RESULTS 2014

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------------|-----------|--------|------|--------------------------------|---------------|-------|-----------|
| Denise Zahorchak | ? | ?:?:?? | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |
| Tim Welsh | ? | ?:?:?? | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |
| Nick Fruscello | ? | ?:?:?? | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |
| Adam Beilchick | ? | ?:?:?? | | Mud On The Mountain | Seven Springs | PA | 5/10/2014 |
| Craig Peterson | 50K Relay | | | Western PA Endurance Fest | Indiana | PA | 3/29/2014 |
| Sara Necciai | 50K Relay | | | Western PA Endurance Fest | Indiana | PA | 3/29/2014 |
| Sarah Leopold | 5K | | | Hershey Color Run 5K | Hershey | PA | 5/31/2014 |
| Laura Yevchak | Relay | | | Market to Market 76 Mile Relay | Cincinnati | OH | 9/6/2014 |
| Cory Fulmer | Relay | | | Market to Market 76 Mile Relay | Cincinnati | OH | 9/6/2014 |
| Mike Weaver | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Tabitha Conrad | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Candice Lockard | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Jennifer Wally Blystone | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Ray Blystone | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Kristin Zack | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Keith Zack | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Molly Zack | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Cordelia Zack | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |
| Al Lockard | Relay | | | IFB Veteran's Marathon Relay | Black Lick | PA | 11/9/2014 |