

IRRC MEMBER RACE STATS 2022

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------------|------------|---------|---------|----------------------------|-------------|-------|------------|
| Kayleigh Zottola | 100 Meters | 0:00:16 | 0:04:18 | Petite Track Meet | Pittsburgh | PA | 7/8/2022 |
| Kayleigh Zottola | 400 Meters | 0:01:27 | 0:05:50 | Petite Track Meet | Pittsburgh | PA | 7/8/2022 |
| Kendall Branan | 800 Meters | 0:01:52 | 0:03:45 | PSAC Championships | Edinboro | PA | 2/27/2022 |
| Kendall Branan | 800 Meters | 0:01:54 | 0:03:49 | YSU Indoor Invitational | Yougstown | OH | 1/29/2022 |
| Joey Bujdos | 800 Meters | 0:01:58 | 0:03:57 | Marietta Indoor Track | Marietta | OH | 1/23/2022 |
| Dean Banko | 1 Mile | 0:05:26 | 0:05:26 | Great Pumpkin 1-Mile | Zelionople | PA | 10/29/2022 |
| Dean Banko | One Mile | 0:05:42 | 0:05:42 | Shamrock Shuffle One Mile | Harmony | PA | 3/26/2022 |
| Mindy Sawtelle-Zottola | 1 Mile | 0:05:52 | 0:05:52 | Fleet Feet Liberty Mile | Pittsburgh | PA | 7/22/2022 |
| Tammy Slusser | One Mile | 0:06:19 | 0:06:19 | Gateway Mile | Monroeville | PA | 6/9/2022 |
| Julie Shirley | One Mile | 0:07:29 | 0:07:29 | Shamrock Shuffle One Mile | Harmony | PA | 3/26/2022 |
| Kayleigh Zottola | 1 Mile | 0:08:13 | 0:08:13 | Fleet Feet Liberty Mile | Pittsburgh | PA | 7/22/2022 |
| Donna Scanlon | One Mile | 0:08:41 | 0:08:41 | Gateway Mile | Monroeville | PA | 6/9/2022 |
| Don Slusser | One Mile | 0:10:05 | 0:10:05 | Gateway Mile | Monroeville | PA | 6/9/2022 |
| Mary Beth Rine | 1 Mile | 0:10:43 | 0:10:43 | Fleet Feet Liberty Mile | Pittsburgh | PA | 7/22/2022 |
| Tom Fetterman | One Mile | 0:10:56 | 0:10:56 | Gateway Mile | Monroeville | PA | 6/9/2022 |
| Meghan Foulk | One Mile | 0:11:21 | 0:11:21 | Shamrock Shuffle One Mile | Harmony | PA | 3/26/2022 |
| Allen Shirley | 1.5 Mile | 0:21:40 | 0:14:27 | Pancreatic Cancer 1.5 Walk | Indiana | PA | 11/5/2022 |
| Mason Sharer | 1.5 Mile | 0:21:41 | 0:14:27 | Pancreatic Cancer 1.5 Walk | Indiana | PA | 11/5/2022 |
| Lilly Mytrysak | 1.5 Mile | 0:31:00 | 0:20:40 | Pancreatic Cancer 1.5 Walk | Indiana | PA | 11/5/2022 |
| Elena Mytrysak | 1.5 Mile | 0:31:03 | 0:20:42 | Pancreatic Cancer 1.5 Walk | Indiana | PA | 11/5/2022 |
| John Bomboy | 1.5 Mile | 0:32:13 | 0:21:29 | Pancreatic Cancer 1.5 Walk | Indiana | PA | 11/5/2022 |
| Peggy Eyer | 1.5 Mile | 0:32:14 | 0:21:29 | Pancreatic Cancer 1.5 Walk | Indiana | PA | 11/5/2022 |
| Dean Banko | 2 Miler | 0:13:04 | 0:06:32 | Stackhouse Park Bunny Hop | Johnstown | PA | 4/16/2022 |
| Ben Pajak | 2-Mile | 0:14:46 | 0:07:23 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Noreen See | 2 Miler | 0:20:22 | 0:10:11 | Cares For Kids Duathlon | Cooksburg | PA | 7/16/2022 |
| Stephanie Putt | 2-Mile | 0:30:15 | 0:15:07 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Sheri Cunkelman | 2 Miler | 0:31:29 | 0:15:44 | Ultimate Showdown | Indiana | PA | 7/22/2022 |
| Ameila pajak | 2-Mile | 0:31:39 | 0:15:49 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Bethany pajak | 2-Mile | 0:32:20 | 0:16:10 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Regis pajak | 2-Mile | 0:32:24 | 0:16:12 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| T. Matt Pajak | 2-Mile | 0:32:38 | 0:16:19 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |

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|------------------|-----------------|-------------|-------------|-----------------------------|---------------|--------------|-------------|
| Ron Orr | 2-Mile | 0:32:47 | 0:16:23 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Brandon Mytrysak | 2-Mile | 0:37:01 | 0:18:30 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Stacey Mytrysak | 2-Mile | 0:37:12 | 0:18:36 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Lilly Mytrysak | 2-Mile | 0:37:12 | 0:18:36 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Elena Mytrysak | 2-Mile | 0:37:13 | 0:18:37 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Poom Taylor | 2-Mile | 0:40:15 | 0:20:07 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Patty Pajak | 2-Mile | 0:45:21 | 0:22:41 | Run For The Trail 2-Miler | Dilltown | PA | 8/13/2022 |
| Noreen See | 2.8 Miler | 0:23:38 | 0:08:26 | Old First Night Run | Chautauqua | NY | 7/30/2022 |
| Dean Banko | 5K | 0:17:17 | 0:05:35 | Wounded Warrior 5K | DuBois | PA | 10/2/2022 |
| Dean Banko | 5K | 0:17:21 | 0:05:36 | Gold Rush 5K | Tyrone | PA | 3/19/2022 |
| Dean Banko | 5K | 0:17:24 | 0:05:37 | Summer Solsticee 5K | Portersville | PA | 6/22/2022 |
| Dean Banko | 5K | 0:17:32 | 0:05:39 | Whalley 5K | Windber | PA | 7/2/2022 |
| Dean Banko | 5K | 0:17:34 | 0:05:40 | St. Batholomew Ugly Sweater | Crabtree | PA | 12/3/2022 |
| Dean Banko | 5K | 0:17:36 | 0:05:41 | Trick Or Trot 5k | Murrysville | PA | 10/29/2022 |
| Dean Banko | 5K | 0:17:39 | 0:05:42 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Dean Banko | 5K | 0:17:41 | 0:05:42 | Red Cross Vampire 5K | Johnstown | PA | 10/15/2022 |
| Dean Banko | 5K | 0:17:41 | 0:05:42 | Great Pumpkin 5K | Zelionople | PA | 10/29/2022 |
| Dean Banko | 5K | 0:17:42 | 0:05:43 | Jackson Elementary PTO 5K | Mineral Point | PA | 7/9/2022 |
| Dean Banko | 5K | 0:17:54 | 0:05:46 | Great Pumpkin 5K | Monroeville | PA | 10/23/2022 |
| Dean Banko | 5K | 0:17:56 | 0:00402 | Fort Ligonier Days 5K | Ligonier | PA | 10/16/2022 |
| Dean Banko | 5K | 0:18:06 | 0:05:50 | Pumpkin Fest 5K | Confluence | PA | 10/9/2022 |
| Dean Banko | 5K | 0:18:10 | 0:05:52 | Color Me Pink 5K | Windber | PA | 10/22/2022 |
| Dean Banko | 5K | 0:18:15 | 0:05:53 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/24/2022 |
| Dean Banko | 5K | 0:18:18 | 0:05:54 | Shannock Valley Festival 5K | Rural Valley | PA | 7/23/2022 |
| Dean Banko | 5K | 0:18:20 | 0:05:55 | Elderton 5K | Elderton | PA | 5/20/2022 |
| Dean Banko | 5K | 0:18:24 | 0:05:56 | Howard Hanna Hustle 5K | Bedford | PA | 6/18/2022 |
| Dean Banko | 5K | 0:18:25 | 0:05:56 | Super Gratus Shamrock 5K | Leechburg | PA | 3/12/2022 |
| Dean Banko | 5K | 0:18:26 | 0:05:57 | Gabriel L. Friedline 5K | Bedford | PA | 5/29/2022 |
| Dean Banko | 5K | 0:18:26 | 0:05:57 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Dean Banko | 5K | 0:18:41 | 0:06:02 | Chernisky Ghost Town | Ebensburg | PA | 10/1/2022 |
| Dean Banko | 5K | 0:18:42 | 0:06:02 | Resolution Run 5K | Derry | PA | 1/1/2002 |
| Dean Banko | 5K | 0:18:52 | 0:06:05 | Back When Holiday 5K | Vandergrift | PA | 12/3/2022 |
| Dean Banko | 5K | 0:18:57 | 0:06:07 | Mountain Laurel 5K | Somerset | PA | 8/21/2022 |

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|------------------------|-----------------|-------------|-------------|-----------------------------|---------------|--------------|-------------|
| Dean Banko | 5K | 0:19:02 | 0:06:08 | Shamrock Shuffle 5K | Harmony | PA | 3/26/2022 |
| Dean Banko | 5K | 0:19:28 | 0:06:17 | Kyle's Klassic 5K | Canonsburg | PA | 6/25/2022 |
| Dean Banko | 5K | 0:19:38 | 0:06:20 | Fire & Ice 5K | Somerset | PA | 1/15/2022 |
| T. Matt Pajak | 5K | 0:19:42 | 0:06:21 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/24/2022 |
| Al Casagranda | 5K | 0:19:44 | 0:06:22 | Big Backyard 5K | Redmond | WA | 6/5/2022 |
| Al Casagranda | 5K | 0:19:52 | 0:06:25 | Run For The Pies 5K | Carnation | WA | 7/4/2022 |
| Kaiden Branan | 5K | 0:19:58 | 0:06:26 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Mindy Sawtelle-Zottola | 5000 Meters | 0:20:02 | 0:06:28 | Petite Track Meet | Pittsburgh | PA | 7/8/2022 |
| Chris Sharbaugh | 5K | 0:20:33 | 0:06:38 | Shamrock Shuffle 5K | Harmony | PA | 3/26/2022 |
| Dean Banko | 5K | 0:20:34 | 0:06:38 | Muskie 5K | Jamestown | PA | 5/11/2022 |
| Grant Cruse | 5K | 0:20:38 | 0:06:39 | Wings Of Hope 5K | Richland | PA | 4/16/2022 |
| Sam Cunkelman | 5K | 0:20:58 | 0:06:46 | David Hutton Memorial 5K | Emporium | PA | 8/20/2022 |
| Stephen Mead | 5K | 0:20:59 | 0:06:46 | Banana Split 5K | Latrobe | PA | 8/20/2022 |
| Caleb Fruscello | 5K | 0:21:17 | 0:06:52 | Pumpkin Chase 5K | North Park | PA | 10/29/2022 |
| Grant Cruse | 5K | 0:21:18 | 0:06:52 | Path Of The Flood 5K | Johnstown | PA | 5/28/2022 |
| Steve Pagano | 5K | 0:21:19 | 0:06:53 | Bunny Dash 5K | Portage | PA | 4/16/2022 |
| Jeff Smith | 5K | 0:21:25 | 0:06:55 | Shamrock Shuffle 5K | Harmony | PA | 3/26/2022 |
| Grant Cruse | 5K | 0:21:25 | 0:06:55 | Red Cross Vampire 5K | Johnstown | PA | 10/15/2022 |
| Tammy Slusser | 5K | 0:21:34 | 0:06:57 | Rails To Trails 5K | Barnesville | OH | 5/21/2022 |
| Tammy Slusser | 5K | 0:21:41 | 0:07:00 | Boston Trail 5K | Elizabeth Twp | PA | 4/23/2022 |
| Grant Cruse | 5K | 0:21:41 | 0:07:00 | Que Classic 5K | Holsopple | PA | 9/24/2022 |
| Laura Yevchak | 5K | 0:21:53 | 0:07:04 | Pierogi Dash 5K | Cleveland | OH | 6/5/2022 |
| Darry Walker | 5K | 0:21:55 | 0:07:04 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Laura Yevchak | 5K | 0:21:56 | 0:07:05 | Bulldog Crawl 5K | Nanty Glo | PA | 6/11/2022 |
| Laura Yevchak | 5K | 0:22:01 | 0:07:06 | Prospect Rube's Run 5K | Prospect | PA | 7/23/2022 |
| Grant Cruse | 5K | 0:22:19 | 0:07:12 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Candi Lockard | 5K | 0:22:22 | 0:07:13 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Herb Cratty | 5K | 0:22:23 | 0:07:13 | Pgh. Propel Schools 5K | Pittsburgh | PA | 10/30/2022 |
| Herb Cratty | 5K | 0:22:23 | 0:07:13 | Beaver Area Jingle 5K | Beaver | PA | 12/3/2022 |
| Laura Yevchak | 5K | 0:22:28 | 0:07:15 | St. Michaels Second Chance | St. Michael | PA | 8/13/2022 |
| Laura Yevchak | 5K | 0:22:30 | 0:07:15 | Boston Trail 5K | Elizabeth Twp | PA | 4/23/2022 |
| Grant Cruse | 5K | 0:22:36 | 0:07:17 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/24/2022 |
| Grant Cruse | 5K | 0:22:39 | 0:07:18 | PTARC XC 5K | Jeannette | PA | 7/23/2022 |

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|-----------------------|-----------------|-------------|-------------|-----------------------------|---------------|--------------|-------------|
| Joe Johns | 5K | 0:22:40 | 0:07:19 | Firecracker Frolic 5K | New Germany | PA | 7/4/2022 |
| Grant Cruse | 5K | 0:22:48 | 0:07:21 | Run/Walk For Cancer Care 5K | Ebensburg | PA | 5/21/2022 |
| Joe Johns | 5K | 0:22:48 | 0:07:21 | Bulldog Crawl 5K | Nanty Glo | PA | 6/11/2022 |
| Vince Pavic | 5K | 0:22:56 | 0:07:24 | Shamrock Shuffle 5K | Lewes | DE | 3/6/2022 |
| Ben Pajak | 5K | 0:22:57 | 0:07:24 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/24/2022 |
| Dean Banko | 5K | 0:22:58 | 0:07:25 | Round The Mound 5K | Johnstown | PA | 8/5/2022 |
| Stephen Mead | 5K | 0:22:58 | 0:07:25 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Joe Johns | 5K | 0:23:02 | 0:07:26 | Hastings Police Donut Dash | Hastings | PA | 8/13/2022 |
| Casey Cruse | 5K | 0:23:03 | 0:07:26 | Que Classic 5K | Holsopple | PA | 9/24/2022 |
| Grant Cruse | 5K | 0:23:05 | 0:07:27 | Johnstown Christian School | Johnstown | PA | 5/7/2022 |
| Darryl Walker | 5K | 0:23:05 | 0:07:27 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/24/2022 |
| Laura Yevchak | 5K | 0:23:13 | 0:07:29 | City Dog's Run Cleveland 5K | Cleveland | OH | 6/4/2022 |
| Joe Johns | 5K | 0:23:21 | 0:07:32 | Jackson Elementary PTO 5K | Mineral Point | PA | 7/9/2022 |
| Jacob Barger | 5K | 0:24:06 | 0:07:46 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Amber Marsh | 5K | 0:24:13 | 0:07:49 | Resolution Run 5K | Derry | PA | 1/1/2002 |
| Ben Pajak | 5K | 0:24:14 | 0:00543 | Fort Ligonier Days 5K | Ligonier | PA | 10/16/2022 |
| Vince Pavic | 5K | 0:24:16 | 0:07:50 | Dam Mill Run 5K | Millsboro | DE | 7/23/2022 |
| Denny Cruse | 5K | 0:24:21 | 0:07:51 | Wings Of Hope 5K | Richland | PA | 4/16/2022 |
| Mackenzie Walker | 5K | 0:24:25 | 0:07:53 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/24/2022 |
| Kayleigh Zottola | 5K | 0:24:52 | 0:08:01 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Denny Cruse | 5K | 0:24:58 | 0:08:03 | Jim Mayer Trail 5K | Johnstown | PA | 9/3/2022 |
| Julie Shirley | 5K | 0:25:08 | 0:08:06 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Dan Pajak | 5K | 0:25:11 | 0:08:07 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Tad Pajak | 5K | 0:25:12 | 0:08:08 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Denny Cruse | 5K | 0:25:12 | 0:00565 | Red Cross Vampire 5K | Johnstown | PA | 10/15/2022 |
| Andy See | 5K | 0:25:24 | 0:08:12 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Tom Whitcomb | 5K | 0:25:25 | 0:08:12 | Snack Town Run Fest 5K | Hanover | PA | 10/1/2022 |
| Jonathan Cunkelman | 5K | 0:25:26 | 0:08:12 | Levity 5K | Indiana | PA | 6/18/2022 |
| Kosie Shepherd-Porada | 5K | 0:25:31 | 0:08:14 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/24/2022 |
| Gia Spadafora | 5K | 0:25:34 | 0:08:15 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Jonathan Cunkelman | 5K | 0:25:41 | 0:08:17 | Elderton 5K | Elderton | PA | 5/20/2022 |
| Noreen See | 5K | 0:25:47 | 0:08:19 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Denny Cruse | 5K | 0:25:50 | 0:08:20 | Ebensburg Turkey Trot 5K | Ebensburg | PA | 11/24/2022 |

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| Andy See | 5K | 0:25:51 | 0:08:20 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Andy See | 5K | 0:25:52 | 0:08:21 | Cares For Kids Duathlon | Cooksburg | PA | 7/16/2022 |
| Andy See | 5K | 0:26:03 | 0:08:24 | Courtney's Ice Cream 5K | Grove City | PA | 8/17/2022 |
| Noreen See | 5K | 0:26:07 | 0:08:25 | Courtney's Ice Cream 5K | Grove City | PA | 8/17/2022 |
| Stephanie Daniels | 5K | 0:26:07 | 0:08:25 | Hyatt's Run With Angels 5K | Jennerstown | PA | 9/10/2022 |
| Denny Cruse | 5K | 0:26:15 | 0:08:28 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Denny Cruse | 5K | 0:26:16 | 0:08:28 | Ebensburg Homecoming 5K | Ebensburg | PA | 7/30/2022 |
| Noreen See | 5K | 0:26:20 | 0:08:30 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Denny Cruse | 5K | 0:26:21 | 0:08:30 | Running Over Cancer | Somerset | PA | 6/25/2022 |
| Denny Cruse | 5K | 0:26:23 | 0:08:31 | Path Of The Flood 5K | Johnstown | PA | 5/28/2022 |
| Dylan Foulk | 5K | 0:26:24 | 0:08:31 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Noreen See | 5K | 0:26:26 | 0:08:32 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Kyle Doutt | 5K | 0:26:42 | 0:08:37 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Denny Cruse | 5K | 0:26:43 | 0:08:37 | Que Classic 5K | Holsopple | PA | 9/24/2022 |
| Dean Banko | 5K | 0:26:52 | 0:08:40 | Lorain hiking Trails 5K | Johnstown | PA | 5/14/2022 |
| Denny Cruse | 5K | 0:26:52 | 0:08:40 | Bill & Jill 5K | South Fork | PA | 6/18/2022 |
| Denny Cruse | 5K | 0:26:57 | 0:08:42 | Chernisky Classic 5K | Ebensburg | PA | 7/9/2022 |
| Denny Cruse | 5K | 0:26:58 | 0:08:42 | Run/Walk For Cancer Care 5K | Ebensburg | PA | 5/21/2022 |
| Denny Cruse | 5K | 0:27:03 | 0:08:44 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Barb Barger | 5K | 0:27:06 | 0:08:45 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Meg Larko | 5K | 0:27:14 | 0:08:47 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Jackson Sharbaugh | 5K | 0:27:14 | 0:08:47 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Ethan Foulk | 5K | 0:27:15 | 0:08:47 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Kosie Shepherd-Porada | 5K | 0:27:18 | 0:08:48 | Quota "Running For The Gold" | Indiana | PA | 6/4/2022 |
| Dean Banko | 5K | 0:27:33 | 0:08:53 | Lorain Stoneycreek 5K | Johnstown | PA | 11/12/2022 |
| Manon Gill | 5K | 0:27:41 | 0:08:56 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Meghan Foulk | 5K | 0:27:49 | 0:08:58 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Meg Larko | 5K | 0:27:56 | 0:09:01 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Kosie Shepherd-Porada | 5K | 0:27:57 | 0:09:01 | Jackson Elementary PTO 5K | Mineral Point | PA | 7/9/2022 |
| Meg Larko | 5K | 0:28:08 | 0:09:05 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Kosie Shepherd-Porada | 5K | 0:28:09 | 0:09:05 | Bulldog Crawl 5K | Nanty Glo | PA | 6/11/2022 |
| Carl Leer | 5K | 0:28:14 | 0:09:06 | Hyatt's Run With Angels 5K | Jennerstown | PA | 9/10/2022 |
| Kosie Shepherd-Porada | 5K | 0:28:19 | 0:09:08 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |

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| Rik Golden | 5K | 0:28:25 | 0:09:10 | Bulldog Crawl 5K | Nanty Glo | PA | 6/11/2022 |
| Manon Gill | 5K | 0:28:28 | 0:09:11 | Quota "Running For The Gold" | Indiana | PA | 6/4/2022 |
| Denny Cruse | 5K | 0:28:42 | 0:09:15 | Johnstown Christian School | Johnstown | PA | 5/7/2022 |
| Meghan Foulk | 5K | 0:28:43 | 0:09:16 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Scott Bowman | 5K | 0:29:06 | 0:09:23 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Louise Maine | 5K | 0:29:09 | 0:09:24 | Resolution Run 5K | Derry | PA | 1/1/2002 |
| Christina Taqylor-Porter | 5K | 0:29:10 | 0:09:25 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Ginny Winters | 5K | 0:29:11 | 0:09:25 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| John Bomboy | 5K | 0:29:13 | 0:09:25 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Teddy Mulvihill | 5K | 0:29:15 | 0:09:26 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Chris Lasser | 5K | 0:29:23 | 0:09:29 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Randy Mallory | 5K | 0:29:32 | 0:09:32 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Candie McQuiston | 5K | 0:29:42 | 0:09:35 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Candie McQuiston | 5K | 0:29:45 | 0:09:36 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Candie McQuiston | 5K | 0:29:53 | 0:09:38 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Chris Sharbaugh | 5K | 0:29:53 | 0:09:38 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Cahrleston Sharbaugh | 5K | 0:29:53 | 0:09:38 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Luke Halchak | 5K | 0:30:10 | 0:09:44 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| John Bomboy | 5K | 0:30:11 | 0:09:44 | Shannock Valley Festival 5K | Rural Valley | PA | 7/23/2022 |
| Stacey Mytrysak | 5K | 0:30:14 | 0:09:45 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Stacey Mytrysak | 5K | 0:30:18 | 0:09:46 | Indiana County Fair 5K | Indiana | PA | 8/28/2022 |
| Jayna Doutt | 5K | 0:30:25 | 0:09:49 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Luke Halchak | 5K | 0:30:26 | 0:09:49 | Pittsburgh Marathon 5K | Pittsburgh | PA | 4/30/2022 |
| Ethan Foulk | 5K | 0:30:26 | 0:09:49 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Kosie Shepherd-Porada | 5K | 0:30:41 | 0:09:54 | Race Of Champions 5K | Altoona | PA | 3/26/2022 |
| Kyle Doutt | 5K | 0:30:43 | 0:09:55 | Donut Dash 5K | Indiana | PA | 4/23/2022 |
| Jayna Doutt | 5K | 0:30:48 | 0:09:56 | Indiana County Fair 5K | Indiana | PA | 8/28/2022 |
| Scott Bowman | 5K | 0:30:49 | 0:09:56 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Jayna Doutt | 5K | 0:30:51 | 0:09:57 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Stacey Mytrysak | 5K | 0:31:01 | 0:10:00 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Teddy Mulvihill | 5K | 0:31:02 | 0:10:01 | Dash For Diabetes 5K | Punxsutawney | PA | 5/21/2022 |
| Donna Scanlon | 5K | 0:31:03 | 0:10:01 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Jayna Doutt | 5K | 0:31:24 | 0:10:08 | Donut Dash 5K | Indiana | PA | 4/23/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------|-----------------|-------------|-------------|-----------------------------|---------------|--------------|-------------|
| John Bomboy | 5K | 0:31:28 | 0:10:09 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Scott Bowman | 5K | 0:31:40 | 0:10:13 | Indiana County Fair 5K | Indiana | PA | 8/28/2022 |
| Tim Welsh | 5K | 0:31:45 | 0:10:15 | Bunny Dash 5K | Portage | PA | 4/16/2022 |
| Stacey Mytrysak | 5K | 0:31:47 | 0.00712 | Red Cross Vampire 5K | Johnstown | PA | 10/15/2022 |
| James Taylor | 5K | 0:31:50 | 0:10:16 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| James Taylor | 5K | 0:32:25 | 0:10:27 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Sherri Berezansky | 5K | 0:32:30 | 0:10:29 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Shawn Berezansky | 5K | 0:32:30 | 0:10:29 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Teddy Mulvihill | 5K | 0:32:35 | 0:10:31 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Don Slusser | 5K | 0:32:36 | 0:10:31 | Rails To Trails 5K | Barnesville | OH | 5/21/2022 |
| Don Slusser | 5K | 0:32:38 | 0:10:32 | Boston Trail 5K | Elizabeth Twp | PA | 4/23/2022 |
| John Bomboy | 5K | 0:32:39 | 0:10:32 | Indiana County Fair 5K | Indiana | PA | 8/28/2022 |
| Tim Welsh | 5K | 0:32:44 | 0:10:34 | Elderton 5K | Elderton | PA | 5/20/2022 |
| Tim Welsh | 5K | 0:33:36 | 0:10:50 | Fire & Ice 5K | Somerset | PA | 1/15/2022 |
| Leah Dever | 5K | 0:34:02 | 0:10:59 | Brainna Marie 5K | Melbourne | FL | 3/5/2022 |
| Julie Shirley | 5K | 0:34:02 | 0:10:59 | Shamrock Shuffle 5K | Harmony | PA | 3/26/2022 |
| Meghan Foulk | 5K | 0:34:02 | 0:10:59 | Shamrock Shuffle 5K | Harmony | PA | 3/26/2022 |
| Janet Stewart | 5K | 0:34:09 | 0:11:01 | St. Batholomew Ugly Sweater | Crabtree | PA | 12/3/2022 |
| Lisa Berezansky | 5K | 0:34:23 | 0:11:05 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Tim Welsh | 5K | 0:34:26 | 0:11:06 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Gabe Belak | 5K | 0:34:36 | 0:11:10 | Cupid's Chase 5K | Latrobe | PA | 2/12/2022 |
| Michele Belak | 5K | 0:34:37 | 0:11:10 | Cupid's Chase 5K | Latrobe | PA | 2/12/2022 |
| Linda Pilipovich | 5K | 0:34:39 | 0:11:11 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Bonnie Roberston | 5K | 0:35:03 | 0:11:18 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Sherry Phillips | 5K | 0:35:03 | 0:11:18 | Labor Day Pump & Run 5K | Tipton | PA | 9/6/2022 |
| Mike Porada | 5K | 0:35:09 | 0:11:20 | Elderton 5K | Elderton | PA | 5/20/2022 |
| Kosie Shepherd-Porada | 5K | 0:35:09 | 0:11:20 | Elderton 5K | Elderton | PA | 5/20/2022 |
| Cathy Swauger | 5K | 0:35:16 | 0:11:23 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Tim Welsh | 5K | 0:35:18 | 0:11:23 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Teddy Mulvihill | 5K | 0:35:26 | 0:11:26 | Donut Dash 5K | Indiana | PA | 4/23/2022 |
| Doug Berezansky | 5K | 0:35:27 | 0:11:26 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Leah Dever | 5K | 0:35:29 | 0:11:27 | Paradise Coast 5K | Naples | FL | 4/23/2022 |
| Dennis Hudak | 5K | 0:35:29 | 0:11:27 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|--------------------|-----------------|-------------|-------------|-------------------------------|--------------|--------------|-------------|
| Janet Stewart | 5K | 0:35:34 | 0:11:28 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Gabe Belak | 5K | 0:35:44 | 0:11:32 | Kiski Area Shamrock 5K | Kiski | PA | 3/19/2022 |
| Michele Belak | 5K | 0:35:45 | 0:11:32 | Kiski Area Shamrock 5K | Kiski | PA | 3/19/2022 |
| Chuck Frank | 5K | 0:35:49 | 0:11:33 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Leah Dever | 5K | 0:35:49 | 0:11:33 | Naples Gobble Gobble 5K | Naples | FL | 11/24/2022 |
| Jonathan Cunkelman | 5K | 0:36:04 | 0:11:38 | Resolution Run 5K Ruck | Derry | PA | 1/1/2002 |
| Gabe Belak | 5K | 0:36:08 | 0:11:39 | Ellport 5K Run | Ellwood City | PA | 3/5/2022 |
| Michele Belak | 5K | 0:36:09 | 0:11:40 | Ellport 5K Run | Ellwood City | PA | 3/5/2022 |
| Leah Dever | 5K | 0:36:21 | 0:11:44 | Friends Of Faster Children 5K | Naples | FL | 9/5/2022 |
| Leah Dever | 5K | 0:36:21 | 0:11:44 | Faster Children 5K | Naples | FL | 9/5/2022 |
| Bonnie Roberston | 5K | 0:36:25 | 0:11:45 | Elderton 5K | Elderton | PA | 5/20/2022 |
| Meghan Foulk | 5K | 0:36:33 | 0:11:47 | Donut Dash 5K | Indiana | PA | 4/23/2022 |
| Doug Berezansky | 5K | 0:36:44 | 0:11:51 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Cathy Swauger | 5K | 0:36:50 | 0:11:53 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Gabe Belak | 5K | 0:36:54 | 0:11:54 | Trick Or Trot 5k | Murrysville | PA | 10/29/2022 |
| Michele Belak | 5K | 0:36:55 | 0:11:55 | Trick Or Trot 5k | Murrysville | PA | 10/29/2022 |
| Leah Dever | 5K | 0:36:56 | 0:11:55 | USA Indepence Day 5K | Estero | FL | 7/4/2022 |
| Linda Pilipovich | 5K | 0:36:58 | 0:00828 | Fort Ligonier Days 5K | Ligonier | PA | 10/16/2022 |
| Mary Beth Rine | 5K | 0:37:00 | 0:11:56 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Herb Cratty | 5K | 0:37:03 | 0:11:57 | First Responders 5K | Pulaski Twp | PA | 9/11/2022 |
| Roman Tate | 5K | 0:37:18 | 0:12:02 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Janet Stewart | 5K | 0:37:19 | 0:12:02 | Shannock Valley Festival 5K | Rural Valley | PA | 7/23/2022 |
| Courtney Rozsi | 5K | 0:37:22 | 0:12:03 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Darlene Hudak | 5K | 0:37:24 | 0:12:04 | Heart4Terry Virtual 5K | Plum | PA | 2/12/2022 |
| Gabe Belak | 5K | 0:37:28 | 0:12:05 | Kiski Valley Turkey Trot 5K | Apollo | PA | 11/24/2022 |
| Michele Belak | 5K | 0:37:29 | 0:12:05 | Kiski Valley Turkey Trot 5K | Apollo | PA | 11/24/2022 |
| Bonnie Roberston | 5K | 0:37:30 | 0:12:06 | Shannock Valley Festival 5K | Rural Valley | PA | 7/23/2022 |
| Sherry Phillips | 5K | 0:37:34 | 0:12:07 | Diamond Dash 5K | Holidaysburg | PA | 5/14/2022 |
| Sherri Berezansky | 5K | 0:37:39 | 0:12:09 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Chris Wagner | 5K | 0:37:46 | 0:12:11 | Labor Day Pump & Run 5K | Tipton | PA | 9/6/2022 |
| John Swauger | 5K | 0:37:54 | 0:12:14 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Jessica Mulvihill | 5K | 0:38:11 | 0:12:19 | Pittsburgh Marathon 5K | Pittsburgh | PA | 4/30/2022 |
| Linda Pilipovich | 5K | 0:38:15 | 0:12:20 | Beat The Heat 5K | Murrysville | PA | 8/20/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|--------------------|-----------------|-------------|-------------|-----------------------------|--------------|--------------|-------------|
| Mary Beth Rine | 5K | 0:38:16 | 0:12:21 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Linda Pilipovich | 5K | 0:38:18 | 0:12:21 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/24/2022 |
| Mitzi Bea Welsh | 5K | 0:38:27 | 0:12:24 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Linda Pilipovich | 5K | 0:38:27 | 0:12:24 | Run For Rescue 5K | Monroeville | PA | 10/9/2022 |
| Tim Welsh | 5K | 0:38:28 | 0:12:25 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Jessica Mulvihill | 5K | 0:38:50 | 0:12:32 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Linda Pilipovich | 5K | 0:38:54 | 0:12:33 | St. Batholomew Ugly Sweater | Crabtree | PA | 12/3/2022 |
| Lisa Berezansky | 5K | 0:38:59 | 0:12:35 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| John Swauger | 5K | 0:39:00 | 0:12:35 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |
| Michele Belak | 5K | 0:39:05 | 0:12:36 | Resolution Run 5K | Derry | PA | 1/1/2002 |
| John Swauger | 5K | 0:39:05 | 0:12:36 | Resolution Run 5K | Derry | PA | 1/1/2002 |
| Mary Beth Rine | 5K | 0:39:08 | 0:12:37 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| John Swauger | 5K | 0:39:09 | 0:12:38 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Michele Belak | 5K | 0:39:12 | 0:12:39 | Fire & Ice 5K | Somerset | PA | 1/15/2022 |
| John Swauger | 5K | 0:39:16 | 0:12:40 | Levity 5K | Indiana | PA | 6/18/2022 |
| Dennis Hudak | 5K | 0:39:18 | 0:12:41 | Run For Autism Labor Day 5K | Youngwood | PA | 9/5/2022 |
| Linda Pilipovich | 5K | 0:39:23 | 0:12:42 | Yough Trail 5K | West Newton | PA | 10/1/2022 |
| Jonathan Cunkelman | 5K | 0:39:46 | 0:12:50 | David Hutton Memorial 5K | Emporium | PA | 8/20/2022 |
| Allen Shirley | 5K | 0:39:47 | 0:12:50 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Mary Beth Rine | 5K | 0:39:53 | 0:12:52 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Harlan Halchak | 5K | 0:40:02 | 0:12:55 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Michele Belak | 5K | 0:40:07 | 0:12:56 | Race To The Moon 5K | Apollo | PA | 7/16/2022 |
| Patrick Mulvihill | 5K | 0:40:10 | 0:12:57 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Mary Beth Rine | 5K | 0:40:16 | 0:12:59 | Freedom 5K | Greensburg | PA | 7/4/2022 |
| Allen Shirley | 5K | 0:40:18 | 0:13:00 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Nora Rives | 5K | 0:40:26 | 0:13:03 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Allen Shirley | 5K | 0:40:29 | 0:13:04 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Brad Rives | 5K | 0:40:29 | 0:13:04 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Darlene Hudak | 5K | 0:40:31 | 0:13:04 | Run For Autism Labor Day 5K | Youngwood | PA | 9/5/2022 |
| Jess Mulvihill | 5K | 0:40:44 | 0:13:08 | Dash For Diabetes 5K | Punxsutawney | PA | 5/21/2022 |
| Tim Welsh | 5K | 0:40:49 | 0:13:10 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Vickie Shank | 5K | 0:40:52 | 0:13:11 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Mary Jane Frank | 5K | 0:40:57 | 0:13:13 | Pancreatic Cancer 5K | Indiana | PA | 11/5/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------|-----------------|-------------|-------------|-------------------------------|---------------|--------------|-------------|
| Mary Beth Rine | 5K | 0:41:10 | 0:13:17 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Mary Beth Rine | 5K | 0:41:24 | 0:13:21 | St. Batholomew Ugly Sweater | Crabtree | PA | 12/3/2022 |
| Mary Beth Rine | 5K | 0:41:25 | 0:13:22 | Resolution Run 5K | Derry | PA | 1/1/2002 |
| Amelia Pajak | 5K | 0:41:44 | 0:13:28 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/24/2022 |
| Linda Pilipovich | 5K | 0:41:48 | 0:13:29 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Tim Welsh | 5K | 0:41:51 | 0:13:30 | Bulldog Crawl 5K | Nanty Glo | PA | 6/11/2022 |
| Mary Beth Rine | 5K | 0:41:55 | 0:13:31 | Race To The Moon 5K | Apollo | PA | 7/16/2022 |
| Mary Beth Rine | 5K | 0:41:55 | 0:13:31 | Indiana County Fair 5K | Indiana | PA | 8/28/2022 |
| Bethany Pajak | 5K | 0:42:12 | 0:13:37 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/24/2022 |
| Alyson Pajak | 5K | 0:42:13 | 0:13:37 | Latrobe Turkey Trot 5K | Latrobe | PA | 11/24/2022 |
| Michele Belak | 5K | 0:42:24 | 0:13:41 | PTARC XC 5K | Jeannette | PA | 7/23/2022 |
| Dennis Hudak | 5K | 0:42:25 | 0:13:41 | PTARC XC 5K | Jeannette | PA | 7/23/2022 |
| Allen Shirley | 5K | 0:42:28 | 0:13:42 | Love Of Life 5K | Indiana | PA | 10/15/2022 |
| Mary Beth Rine | 5K | 0:42:38 | 0:13:45 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Darlene Hudak | 5K | 0:43:49 | 0:14:08 | PTARC XC 5K | Jeannette | PA | 7/23/2022 |
| Chris Wagner | 5K | 0:44:02 | 0:14:12 | Diamond Dash 5K | Hollidaysburg | PA | 5/14/2022 |
| Gabe Belak | 5K | 0:44:06 | 0:14:14 | Slickville 5K Coal Mine Climb | Slickville | PA | 8/13/2022 |
| Michele Belak | 5K | 0:44:07 | 0:14:14 | Slickville 5K Coal Mine Climb | Slickville | PA | 8/13/2022 |
| Mary Beth Rine | 5K | 0:44:32 | 0:14:22 | Donut Dash 5K | Indiana | PA | 4/23/2022 |
| Jessica Mulvihill | 5K | 0:44:32 | 0:14:22 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Mary Beth Rine | 5K | 0:44:52 | 0:14:28 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Vickie Shank | 5K | 0:44:58 | 0:14:30 | Festivus For The Rest Of Us | New Florence | PA | 12/18/2022 |
| Chuck Schiefer | 5K | 0:47:12 | 0:15:14 | Diamond 5K | Blue Spruce | PA | 9/24/2022 |
| Johnny Patrus | 5K | 0:47:24 | 0:15:17 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Meghan Foulk | 5K | 0:47:35 | 0:15:21 | Runway 5K Jimmy Stewart | Indiana | PA | 7/10/2022 |
| Darlene Hudak | 5K | 0:47:36 | 0:15:21 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Vicky Fuller | 5K | 0:49:08 | 0:15:51 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Elena Mytrysak | 5K | 0:50:35 | 0:16:19 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Lilly Mytrysak | 5K | 0:50:37 | 0:16:20 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Lisa Berezansky | 5K | 0:50:48 | 0:16:23 | ICYMCA Turkey Trot 5K | Indiana | PA | 11/24/2022 |
| Patrick Mulvihill | 5K | 0:51:26 | 0:16:35 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Rascal Terek | 5K | 0:51:27 | 0:16:36 | Kiski Area Shamrock 5K | Kiski | PA | 3/19/2022 |
| Rick Terek | 5K | 0:51:28 | 0:16:36 | Kiski Area Shamrock 5K | Kiski | PA | 3/19/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------|-----------------|-------------|-------------|------------------------------|--------------|--------------|-------------|
| Rascal Terek | 5K | 0:51:55 | 0:16:45 | Ellport 5K Walk | Ellwood City | PA | 3/5/2022 |
| Rick Terek | 5K | 0:51:56 | 0:16:45 | Ellport 5K Walk | Ellwood City | PA | 3/5/2022 |
| Patrick Mulvihill | 5K | 0:52:58 | 0:17:05 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Elena Mytrysak | 5K | 0:58:51 | 0:01318 | Red Cross Vampire 5K | Johnstown | PA | 10/15/2022 |
| Poom Taylor | 5K | 1:01:26 | 0:19:49 | Fool's Run 5K | Black Lick | PA | 4/2/2022 |
| Lilly Mytrysak | 5K | 1:02:18 | 0:01396 | Red Cross Vampire 5K | Johnstown | PA | 10/15/2022 |
| Brandon Mytrysak | 5K | 1:02:19 | 0:01396 | Red Cross Vampire 5K | Johnstown | PA | 10/15/2022 |
| Poom Taylor | 5K | 1:04:43 | 0:20:53 | Hoodlebug 5K | Homer City | PA | 9/11/2022 |
| Dan Broadbent | 5K | 1:26:25 | 0:27:53 | Palmerton Sparatan Obstacle | Palmerton | PA | 7/9/2022 |
| Noreen See | 6K | 0:35:52 | 0:09:34 | Stephen's Run 6K XC | Bemus Point | NY | 8/7/2022 |
| Dean Banko | 4-Miler | 0:25:38 | 0:06:24 | Groundhog Jog 4-Miler | Punxsutawney | PA | 1/29/2022 |
| Tammy Slusser | 4 Miler | 0:27:36 | 0:06:54 | Bridgeton Four On The Fourth | Bridgeton | ME | 7/4/2022 |
| Don Slusser | 4 Miler | 0:43:46 | 0:10:56 | Bridgeton Four On The Fourth | Bridgeton | ME | 7/4/2022 |
| Chris Wagner | 4-Miler | 0:51:32 | 0:12:53 | Groundhog Jog 4-Miler | Punxsutawney | PA | 1/29/2022 |
| Mary Beth Rine | 4-Miler | 0:51:36 | 0:12:54 | Groundhog Jog Virtual | Homer City | PA | 2/2/2022 |
| Dean Banko | 7K | 0:25:45 | 0:05:56 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Al Casagrande | 7K | 0:28:50 | 0:06:39 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Joe Johns | 7K | 0:33:12 | 0:07:39 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Bill Serafin | 7K | 0:36:34 | 0:08:26 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Noreen See | 7K | 0:37:39 | 0:08:41 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Kosie Shepherd-Porada | 7K | 0:39:06 | 0:09:01 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Ginny Winters | 7K | 0:41:01 | 0:09:27 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Scott Bowman | 7K | 0:44:41 | 0:10:18 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| John Bomboy | 7K | 0:46:00 | 0:10:36 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Sherry Phillips | 7K | 0:47:21 | 0:10:55 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| James Taylor | 7K | 0:47:28 | 0:10:56 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Chris Wagner | 7K | 0:51:44 | 0:11:55 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Janet Stewart | 7K | 0:52:29 | 0:12:06 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Linda Pilipovich | 7K | 0:54:13 | 0:12:30 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Mary Beth Rine | 7K | 0:55:56 | 0:12:53 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Tim Welsh | 7K | 0:55:58 | 0:12:54 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Laura DiGiorgio | 7K | 0:57:18 | 0:13:12 | Run For The Trail 7K | Dilltown | PA | 8/13/2022 |
| Dean Banko | 4.4 Mile | 0:27:37 | 0:06:17 | Groundhog Prediction 4.4 | Zelionople | PA | 2/6/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------|-----------------|-------------|-------------|------------------------------|---------------|--------------|-------------|
| Sherry Phillips | 4.5 Miler | 0:48:57 | 0:10:53 | P. Wellington Turkey Trot 5K | Hollidaysburg | PA | 11/26/2022 |
| Chris Wagner | 4.5 Miler | 0:54:36 | 0:12:08 | P. Wellington Turkey Trot 5K | Hollidaysburg | PA | 11/26/2022 |
| Dean Banko | 5 Miler | 0:30:24 | 0:06:05 | Ultimate Showdown | Indiana | PA | 7/22/2022 |
| Stephen Mead | 5 Miler | 0:35:06 | 0:07:01 | Quarry Shack 5 Miler | Vintondale | PA | 10/29/2022 |
| Stephen Mead | 5 Miler | 0:35:08 | 0:07:02 | Latrobe 4th Of July 5 Miler | Latrobe | PA | 7/2/2022 |
| Candi Lockard | 8K | 0:37:56 | 0:07:35 | Ultimate Showdown | Indiana | PA | 7/22/2022 |
| Dean Banko | 5 Miler | 0:40:47 | 0:08:09 | Oil Creek 5 Miler | Titusville | PA | 5/21/2022 |
| Doug Ulishney | 5 Miler | 0:41:44 | 0:08:21 | Latrobe 4th Of July 5 Miler | Latrobe | PA | 7/2/2022 |
| Noreen See | 5 Miler | 0:44:17 | 0:08:51 | Findlay Lake 5 Miler | Findley Lake | NY | 7/2/2022 |
| Jonathan Cunkelman | 8K | 0:44:55 | 0:08:59 | Ultimate Showdown | Indiana | PA | 7/22/2022 |
| Andy See | 5 Miler | 0:46:54 | 0:09:23 | Findlay Lake 5 Miler | Findley Lake | NY | 7/2/2022 |
| Chris Sharbaugh | 5 Miler | 0:48:42 | 0:09:44 | Quarry Shack 5 Miler | Vintondale | PA | 10/29/2022 |
| Julie Shirley | 5 Miler | 0:48:43 | 0:09:45 | Quarry Shack 5 Miler | Vintondale | PA | 10/29/2022 |
| Meghan Foulk | 5 Miler | 0:48:43 | 0:09:45 | Quarry Shack 5 Miler | Vintondale | PA | 10/29/2022 |
| Kosie Shepherd-Porada | 5-Miler | 0:48:54 | 0:09:47 | Run For Someone Special | Sykesville | PA | 4/10/2022 |
| Kosie Shepherd-Porada | 5 Miler | 0:49:25 | 0:09:53 | Latrobe 4th Of July 5 Miler | Latrobe | PA | 7/2/2022 |
| Steve Pagano | 5-Miler | 0:55:24 | 0:11:05 | Greenwood Snowfest 5-Miler | Huntingdon | PA | 1/15/2022 |
| Christie Orlosky | 5 Miler | 0:56:00 | 0:11:12 | Johnny Cake Jog 5-Miler | Painesville | OH | 7/10/2022 |
| Chris Wagner | 5 Miler | 1:01:15 | 0:12:15 | Quarry Shack 5 Miler | Vintondale | PA | 10/29/2022 |
| Michele Belak | 5-Miler | 1:04:04 | 0:12:49 | Spring Thaw 5-Miler | North Park | PA | 2/26/2022 |
| Bill Serafin | 5-Miler | 1:08:01 | 0:13:36 | Greenwood Snowfest 5-Miler | Huntingdon | PA | 1/15/2022 |
| Gabe Belak | 5 Miler | 1:11:12 | 0:14:14 | Latrobe 4th Of July 5 Miler | Latrobe | PA | 7/2/2022 |
| Michele Belak | 5 Miler | 1:11:13 | 0:14:15 | Latrobe 4th Of July 5 Miler | Latrobe | PA | 7/2/2022 |
| Dean Banko | 10K | 0:32:33 | 0:05:15 | Wings Of Hope 10K | Richland | PA | 4/16/2022 |
| Dean Banko | 10K | 0:36:19 | 0:05:51 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Dean Banko | 10K | 0:36:55 | 0:05:57 | Two Face 10K Road | Wexford | PA | 8/6/2022 |
| Chris Sharbaugh | 10K | 0:42:23 | 0:06:50 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Dean Banko | 10K | 0:42:56 | 0:06:55 | Jim Mayer Trail 10K | Johnstown | PA | 9/3/2022 |
| Stephen Mead | 10K | 0:43:28 | 0:07:01 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Tammy Slusser | 10K | 0:44:57 | 0:07:15 | Greater Clarksburg 10K | Clarksburg | WV | 6/18/2022 |
| Dean Banko | 10K | 0:46:16 | 0:07:28 | 2nd Chance Prance 10K | Johnstown | PA | 5/14/2022 |
| Dan McQuiston | 10K | 0:49:36 | 0:08:00 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Mary Lee Page | 10K | 0:49:52 | 0:08:03 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-----------------------|-----------------|-------------|-------------|-----------------------------|----------------|--------------|-------------|
| Mark Stern | 10K | 0:51:50 | 0:08:22 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Stephanie Putt | 10K | 0:52:03 | 0:08:24 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Dave Miller | 10K | 0:52:40 | 0:08:30 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Kosie Shepherd-Porada | 10K | 0:52:52 | 0:08:32 | Wings Of Hope 10K | Richland | PA | 4/16/2022 |
| Chris Lasser | 10K | 0:53:14 | 0:08:35 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Bill Serafin | 10K | 0:53:29 | 0:08:38 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Dean Banko | 10K | 0:54:33 | 0:08:48 | Two Face 10K Trail | Wexford | PA | 8/6/2022 |
| Manon Gill | 10K | 0:58:40 | 0:09:28 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Kosie Shepherd-Porada | 10K | 0:59:27 | 0:09:35 | Diamond Dash 10K | Hollidaysburg | PA | 5/14/2022 |
| Kyle Doutt | 10K | 1:00:30 | 0:09:45 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Candie McQuiston | 10K | 1:00:46 | 0:09:48 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Julie Shirley | 10K | 1:01:31 | 0:09:55 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Shawn Berezansky | 10K | 1:01:33 | 0:09:56 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Sherri Noll | 10K | 1:01:33 | 0:09:56 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Ron Orr | 10K | 1:01:56 | 0:09:59 | Bay Bridge Run 10K | Annapolis | MD | 11/6/2022 |
| Jayna Doutt | 10K | 1:03:26 | 0:10:14 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Tim Welsh | 10K | 1:04:24 | 0:10:23 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Bill Serafin | 10K | 1:05:00 | 0:10:29 | Duff Park Hill Buster 10K | Murrysville | PA | 9/11/2022 |
| Scott Bowman | 10K | 1:05:41 | 0:10:36 | Kansas City 10K | Kansas City | MO | 10/15/2022 |
| Steve Pagano | 10K | 1:07:38 | 0:10:55 | Sproul 10K | North Bend | PA | 6/18/2022 |
| Sherry Phillips | 10K | 1:08:25 | 0:11:02 | Blair County YMCA 10K | Hollidaysburg | PA | 10/1/2022 |
| Don Slusser | 10K | 1:09:12 | 0:11:10 | Pittsburgh Great Race 10K | Pittsburgh | PA | 9/25/2022 |
| Don Slusser | 10K | 1:10:24 | 0:11:21 | Greater Clarksburg 10K | Clarksburg | WV | 6/18/2022 |
| Scott Bowman | 10K | 1:11:10 | 0:11:29 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Sherry Phillips | 10K | 1:12:47 | 0:11:44 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Meghan Foulk | 10K | 1:13:58 | 0:11:56 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Chris Wagner | 10K | 1:17:38 | 0:12:31 | Fool's Run 10K | Black Lick | PA | 4/2/2022 |
| Chris Wagner | 10K | 1:21:52 | 0:13:12 | Blair County YMCA 10K | Hollidaysburg | PA | 10/1/2022 |
| Bill Serafin | 10K | 1:26:47 | 0:14:00 | Rockin The Knob Trail 10K | Claysburg | PA | 9/17/2022 |
| Darlene Hudak | 10K | 1:31:45 | 0:14:48 | B-S National Cancer Virtual | Slickville | PA | 10/1/2022 |
| Mary Beth Rine | 10K | 1:32:04 | 0:14:51 | Mahoning Shadow Shuffle | Punxsutawney | PA | 10/8/2022 |
| John Swauger | 10K | 1:32:12 | 0:14:52 | Kansas City 10K | Kansas City | MO | 10/15/2022 |
| Tim Welsh | 10K | 1:41:15 | 0:16:20 | Dirty Kiln Half 10K | Canoe St. Park | PA | 4/9/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------------|-----------------|-------------|-------------|-------------------------------|----------------|--------------|-------------|
| Bill Winters | 10K | 1:59:00 | 0:19:12 | Upchuck Classic 10K | Beaverdale | PA | 7/4/2022 |
| Tom Fetterman | 10K | 1:59:00 | 0:19:12 | Upchuck Classic 10K | Beaverdale | PA | 7/4/2022 |
| Darlene Hudak | 7.06 Miler | 2:12:10 | 0:18:43 | Run Between the Suns | Titusville | PA | 6/18/2022 |
| Courtney Rozsi | 12K | 2:08:26 | 0:17:07 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Dennis Hudak | 7.8-Miler | 2:30:48 | 0:19:20 | Rachel Carson 7.8 Miler | Tarentum | PA | 6/18/2022 |
| Kosie Shepherd-Porada | 8-Miler | 1:15:25 | 0:09:26 | Path Of The Flood 8 Miler | Johnstown | PA | 5/28/2022 |
| Dean Banko | 8.1-Miler | 1:02:12 | 0:07:41 | Humdinger 8.1 Mile Trail Race | Danville | PA | 3/5/2022 |
| Dean Banko | 8.8 Mile | 1:00:11 | 0:06:50 | Groundhog Prediction 8.8 | Zelionople | PA | 2/6/2022 |
| Laura Yevchak | 15K | 1:34:32 | 0:10:10 | Deer Fly 15K | Penn Run | PA | 7/31/2022 |
| Tommy Fetterman | 15K | 1:35:59 | 0:10:19 | Upchuck Classic 15K | Beaverdale | PA | 7/4/2022 |
| Don Slusser | 15K | 1:48:56 | 0:11:43 | Solar Vortex 15K | Boston | PA | 8/7/2022 |
| Candi Lockard | 15K | 1:52:10 | 0:12:04 | Deer Fly 15K | Penn Run | PA | 7/31/2022 |
| Bethany Serafin Awalt | 15K | 1:54:42 | 0:12:20 | Deer Fly 15K | Penn Run | PA | 7/31/2022 |
| Tabitha Conrad | 15K | 2:05:05 | 0:13:27 | Deer Fly 15K | Penn Run | PA | 7/31/2022 |
| Dean Banko | 15K | ?:?:?? | | Tough Mudder 15K | Pittsburgh | PA | 9/24/2022 |
| Tammy Slusser | 10-Miler | 1:15:33 | 0:07:33 | March Mad Dash 10-Miler | North Park | PA | 3/12/2022 |
| Stephanie Daniels | 10 Miler | 1:19:56 | 0:08:00 | Snowy Owl 10 Miler | Williamsburg | VA | 1/9/2022 |
| Dean Banko | 10 Miler | 1:35:35 | 0:09:33 | Barber Beast On The Bay | Erie | PA | 9/10/2022 |
| Carl Leer | 10 Miler | 1:38:53 | 0:09:53 | Snowy Owl 10 Miler | Williamsburg | VA | 1/9/2022 |
| Dean Banko | 10 Miler | 1:44:48 | 0:10:29 | Conestoga Trail Run | Holtwood | PA | 9/25/2022 |
| Aileen Bowman | 10 Miler | 1:52:17 | 0:11:14 | EQT Ten Miler | Pittsburgh | PA | 11/6/2022 |
| Don Slusser | 10-Miler | 2:00:06 | 0:12:01 | March Mad Dash 10-Miler | North Park | PA | 3/12/2022 |
| Dean Banko | 20K | 1:41:04 | 0:08:09 | Laurel Hill 20K | Somerset | PA | 5/7/2022 |
| Dean Banko | 13 Miler | 1:48:50 | 0:08:22 | Oil Creek 13 Miler | Titusville | PA | 5/21/2022 |
| Mindy Sawtelle-Zottola | Half Marathon | 1:29:15 | 0:06:49 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Dean Banko | Half Marathon | 1:32:37 | 0:07:04 | Shamrock Shuffle Half | Harmony | PA | 3/26/2022 |
| Tammy Slusser | Half Marathon | 1:35:46 | 0:07:19 | Knoxville Half Marathon | Knoxville | TN | 4/2/2022 |
| Tammy Slusser | Half Marathon | 1:37:17 | 0:07:26 | Parkersburg Half Marathon | Parkersburg | WV | 8/20/2022 |
| Tammy Slusser | Half Marathon | 1:37:35 | 0:07:27 | Ogen News Half Marathon | Wheeling | WV | 5/28/2022 |
| Jeannie Bujdos | Half Marathon | 1:38:46 | 0:07:32 | North Park Half Marathon | Allison Park | PA | 1/22/2022 |
| Jeannie Bujdos | Half Marathon | 1:40:23 | 0:07:40 | God's Country Half Marathon | Coudersport | PA | 6/4/2022 |
| Dean Banko | Half Marathon | 1:52:27 | 0:08:35 | Dirty Kiln Half Marathon | Canoe St. Park | PA | 4/9/2022 |
| Julie Shirley | Half Marathon | 1:58:02 | 0:09:01 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------------|-----------------|-------------|-------------|------------------------------|----------------|--------------|-------------|
| Julie Shirley | Half Marathon | 2:00:21 | 0:09:11 | Nittany Valley Half Marathon | State College | PA | 12/4/2022 |
| Bill Serafin | Half Marathon | 2:01:06 | 0:09:15 | Myrtle Beach Half Marathon | Myrtle Beach | SC | 3/5/2022 |
| Bethany Serafin Awalt | Half Marathon | 2:01:12 | 0:09:15 | Myrtle Beach Half Marathon | Myrtle Beach | SC | 3/5/2022 |
| Stephanie Putt | Half Marathon | 2:04:05 | 0:09:28 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Sarah Kitchen | Half Marathon | 2:09:17 | 0:09:52 | Cook's Forest Half | Cookport | PA | 4/2/2022 |
| Brad Rives | Half Marathon | 2:09:29 | 0:09:53 | Ghost Creek Half Marathon | Black Lick | PA | 5/15/2022 |
| Mary Jean Bujdos | Half Marathon | 2:11:58 | 0:10:04 | North Park Half Marathon | Allison Park | PA | 1/22/2022 |
| Sarah Kitchen | Half Marathon | 2:14:30 | 0:10:16 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Bill Serafin | Half Marathon | 2:15:08 | 0:10:19 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Ron Orr | Half Marathon | 2:15:19 | 0:10:20 | Shamrock Half Marathon | Virginia Beach | VA | 3/20/2022 |
| Dean Banko | Half Marathon | 2:17:50 | 0:10:31 | Lost Turkey Half Marathon | Imler | PA | 8/27/2022 |
| Ron Orr | Half Marathon | 2:21:18 | 0:10:47 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Sarah Kitchen | Half Marathon | 2:23:35 | 0:10:58 | Old Turnpike Half Marathon | Waterfall | PA | 5/28/2022 |
| Kristina Taylor-Porter | Half Marathon | 2:24:59 | 0:11:04 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Meghan Foulk | Half Marathon | 2:25:47 | 0:11:08 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Art Zottola | Half Marathon | 2:27:11 | 0:11:14 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Amber Marsh | Half Marathon | 2:27:12 | 0:11:14 | Dirty Kiln Half Marathon | Canoe St. Park | PA | 4/9/2022 |
| Steve Pagano | Half Marathon | 2:27:53 | 0:11:17 | Dirty Kiln Half Marathon | Canoe St. Park | PA | 4/9/2022 |
| Christie Orlosky | Half Marathon | 2:28:41 | 0:11:21 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Aileen Bowman | Half Marathon | 2:30:12 | 0:11:28 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Kyle Doutt | Half Marathon | 2:30:27 | 0:11:29 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Julie Shirley | Half Marathon | 2:30:32 | 0:11:29 | Shamrock Shuffle Half | Harmony | PA | 3/26/2022 |
| Meghan Foulk | Half Marathon | 2:30:32 | 0:11:29 | Shamrock Shuffle Half | Harmony | PA | 3/26/2022 |
| Steve Pagano | Half Marathon | 2:33:49 | 0:11:45 | Tiadaghton Half Marathon | Waterfall | PA | 11/13/2022 |
| Ron Orr | Half Marathon | 2:34:21 | 0:11:47 | Ft. Lauderdale A1A Half | Ft. Lauderdale | FL | 2/20/2022 |
| Don Slusser | Half Marathon | 2:36:47 | 0:11:58 | Ogen News Half Marathon | Wheeling | WV | 5/28/2022 |
| Don Slusser | Half Marathon | 2:37:20 | 0:12:01 | Knoxville Half Marathon | Knoxville | TN | 4/2/2022 |
| Don Slusser | Half Marathon | 2:39:03 | 0:12:08 | Parkersburg Half Marathon | Parkersburg | WV | 8/20/2022 |
| Don Slusser | Half Marathon | 2:39:50 | 0:12:12 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Christie Orlosky | Half Marathon | 2:43:39 | 0:12:30 | Akron Half Marathon | Akron | OH | 8/13/2022 |
| Jennifer Wally Blystone | Half Marathon | 2:44:42 | 0.00873 | Freedom's Run Half Marathon | Shepherdstown | WV | 10/22/2022 |
| Christie Orlosky | Half Marathon | 2:46:02 | 0:12:40 | Cleveland Half Marathon | Cleveland | OH | 5/21/2022 |
| Jayna Doutt | Half Marathon | 2:48:00 | 0:12:49 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------|-----------------|-------------|-------------|-----------------------------|----------------|--------------|-------------|
| Christie Orlosky | Half Marathon | 2:50:33 | 0:13:01 | Presque Isle Half Marathon | Erie | PA | 7/17/2022 |
| Christie Orlosky | Half Marathon | 2:50:54 | 0:13:03 | Freedom's Run Half Marathon | Shepherdstown | WV | 10/22/2022 |
| Christie Orlosky | Half Marathon | 2:53:40 | 0:13:15 | Running For Noodles Half | Millersburg | OH | 9/10/2022 |
| Christie Orlosky | Half Marathon | 2:54:31 | 0:13:19 | Northern Ohio Half Marathon | Mentor | OH | 10/9/2022 |
| Joe Johns | Half Marathon | 2:59:33 | 0:13:42 | Greater Allegheny Half | Ohiopyle | PA | 5/14/2022 |
| Christie Orlosky | Half Marathon | 3:00:16 | 0:13:46 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Leah Dever | Half Marathon | 3:01:42 | 0:13:52 | Disney World Princess Half | Orlando | FL | 2/27/2022 |
| Chris Wagner | Half Marathon | 3:02:22 | 0:13:55 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Sherry Phillips | Half Marathon | 3:03:15 | 0:13:59 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Denise Zahorchak | Half Marathon | 3:06:24 | 0:14:14 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Donna Zukas | Half Marathon | 3:10:47 | 0:14:34 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Lecinda Yevchak | Half Marathon | 3:11:50 | 0:14:39 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Bill Serafin | Half Marathon | 3:12:56 | 0:14:44 | Dirty Kiln Half Marathon | Canoe St. Park | PA | 4/9/2022 |
| Jess Mulivhill | Half Marathon | 3:13:45 | 0:14:47 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Linda Pilipovich | Half Marathon | 3:14:18 | 0:14:50 | InFirst Bank Vet's Half | Black Lick | PA | 11/6/2022 |
| Scott Bowman | Half Marathon | 3:16:03 | 0:14:58 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| John Swauger | Half Marathon | 3:16:03 | 0:14:58 | Pittsburgh Half Marathon | Pittsburgh | PA | 4/30/2022 |
| Mary Beth Rine | Half Marathon | 3:16:52 | 0:15:02 | End Of Road Half Marathon | Waterfall | PA | 10/22/2022 |
| Darcy Taiani | Half Marathon | 3:20:35 | 0:15:19 | Myrtle Beach Half Marathon | Myrtle Beach | SC | 3/5/2022 |
| Rik Golden | Half Marathon | 3:41:43 | 0:16:55 | Dirty Kiln Half Marathon | Canoe St. Park | PA | 4/9/2022 |
| Laura Yevchak | Half Marathon | 3:41:43 | 0:16:55 | Dirty Kiln Half Marathon | Canoe St. Park | PA | 4/9/2022 |
| Dean Banko | Half Marathon | 1:28:35 | 0:06:35 | Mahoning Shadow Shuffle | Punxsutawney | PA | 10/8/2022 |
| Sarah Kitchen | Half Marathon | 2:04:05 | 0:09:13 | Mahoning Shadow Shuffle | Punxsutawney | PA | 10/8/2022 |
| Dean Banko | 13.5 | 3:47:57 | 0:16:53 | Frozen Snot 13.5 Trail Race | Lock Haven | PA | 2/12/2022 |
| Stephanie Daniels | 13.5 | 4:33:01 | 0:20:13 | Frozen Snot 13.5 Trail Race | Lock Haven | PA | 2/12/2022 |
| Steve Pagano | 13.5 | 5:00:13 | 0:22:14 | Frozen Snot 13.5 Trail Race | Lock Haven | PA | 2/12/2022 |
| Carl Leer | 13.5 | 5:01:06 | 0:22:18 | Frozen Snot 13.5 Trail Race | Lock Haven | PA | 2/12/2022 |
| Laura Yevchak | 13.87 Miler | 2:07:00 | 0:09:09 | Upchuck Classic 13.87 | Beaverdale | PA | 7/4/2022 |
| Bill Geiger | 13.87 Miler | 2:37:00 | 0:11:19 | Upchuck Classic 13.87 | Beaverdale | PA | 7/4/2022 |
| Dan McQuiston | 13.87 Miler | 2:40:00 | 0:11:32 | Upchuck Classic 13.87 | Beaverdale | PA | 7/4/2022 |
| Dean Banko | 14-Miler | 1:25:00 | 0:06:04 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |
| Stephanie Daniels | 14-Miler | 1:44:58 | 0:07:30 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |
| Stephen Mead | 14-Miler | 1:49:15 | 0:07:48 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|------------------------|-----------------|-------------|-------------|-----------------------------|-------------|--------------|-------------|
| Joe Johns | 14-Miler | 2:02:50 | 0:08:46 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |
| Jonathan Cunkelman | 14-Miler | 2:10:12 | 0:09:18 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |
| Sherri Noll | 14-Miler | 2:39:32 | 0:11:24 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |
| Ron Orr | 14-Miler | 2:39:34 | 0:11:24 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |
| Mary Beth Rine | 14-Miler | 3:38:51 | 0:15:38 | Path Of The Flood 14 Miler | Johnstown | PA | 5/28/2022 |
| Bill Serafin | 15 Miler | 2:29:30 | 0:09:58 | Chernisky Ghost Town | Ebensburg | PA | 10/1/2022 |
| Dean Banko | 25K | 2:03:55 | 0:08:00 | Deer Fly 25K | Penn Run | PA | 7/31/2022 |
| Steve Pagano | 25K | 2:34:33 | 0:09:58 | Deer Fly 25K | Penn Run | PA | 7/31/2022 |
| Stephen Mead | 25K | 2:37:43 | 0:10:11 | Deer Fly 25K | Penn Run | PA | 7/31/2022 |
| Dean Banko | 25K | 3:07:10 | 0:12:05 | Rothrock Challenge 25K | Boalsburg | PA | 5/22/2022 |
| Steve Pagano | 25K | 3:33:23 | 0:13:46 | Hyner Trail Challenge 25K | Hyner | PA | 4/23/2022 |
| Chris Wagner | 25K | 3:39:39 | 0:14:10 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Sherry Phillips | 25K | 3:39:46 | 0:14:11 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Doug Berezansky | 25K | 4:27:13 | 0:17:14 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Lisa Berezansky | 25K | 4:27:15 | 0:17:15 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Wendy Riggenbach | 25K | 4:44:13 | 0:18:20 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Mike Riggenbach | 25K | 4:44:13 | 0:18:20 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Dean Banko | 25K/16.5 Miler | 2:30:19 | 0:09:15 | Cook's Forest 25K/16.25 | Cooksburg | PA | 8/20/2022 |
| Steve Pagano | 25K/16.5 Miler | 2:55:46 | 0:10:49 | Cook's Forest 25K/16.25 | Cooksburg | PA | 8/20/2022 |
| Bill Serafin | 25K/16.5 Miler | 3:40:11 | 0:13:33 | Cook's Forest 25K/16.25 | Cooksburg | PA | 8/20/2022 |
| Eliud Kipchoge | Marathon | 2:01:09 | 0:04:37 | Berlin Marathon | Berlin | GERMANY | 9/25/2022 |
| Dean Banko | Marathon | 2:53:19 | 0:06:37 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Dean Banko | Marathon | 3:04:23 | 0:07:02 | InFirst Bank Vet's Marathon | Black Lick | PA | 11/6/2022 |
| Mindy Sawtelle-Zottola | Marathon | 3:12:21 | 0:00:51 | Columbus Marathon | Columbus | OH | 10/16/2022 |
| Stephanie Daniels | Marathon | 3:26:42 | 0:07:53 | Boston Marathon | Boston | MA | 4/18/2022 |
| Tammy Slusser | Marathon | 3:27:42 | 0:07:56 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Tammy Slusser | Marathon | 3:34:03 | 0:08:10 | InFirst Bank Vet's Marathon | Black Lick | PA | 11/6/2022 |
| Amber Marsh | Marathon | 3:34:38 | 0:08:12 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Laura Yevchak | Marathon | 3:50:43 | 0:08:48 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Veronica Bujdos | Marathon | 3:51:50 | 0:08:51 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Veronica Bujdos | Marathon | 3:54:41 | 0:08:57 | God's Country Marathon | Coudersport | PA | 6/4/2022 |
| Veronica Bujdos | Marathon | 3:56:18 | 0:09:01 | Wineglass Marathon | Corning | NY | 10/2/2022 |
| Zach Collins | Marathon | 3:56:30 | 0:09:02 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------|-----------------|-------------|-------------|------------------------------|--------------|--------------|-------------|
| Laura Yevchak | Marathon | 4:05:50 | 0:09:23 | Kansas City Marathon | Kansas City | MO | 10/15/2022 |
| Julie Shirley | Marathon | 4:18:00 | 0:09:51 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Dan McQuiston | Marathon | 4:18:39 | 0.00686 | Green Mountain Marathon | South Hero | VT | 10/16/2022 |
| Dave Miller | Marathon | 4:30:06 | 0.00716 | Detroit Free Press Marathon | Detroit | MI | 10/16/2022 |
| D J Miller | Marathon | 4:35:23 | 0.0073 | Detroit Free Press Marathon | Detroit | MI | 10/16/2022 |
| Barb Barger | Marathon | 4:44:03 | 0:10:50 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Stephanie Putt | Marathon | 4:47:40 | 0:10:59 | Disney Marathon | Orlando | FL | 1/9/2022 |
| Dean Banko | Marathon | 4:53:04 | 0:11:11 | Rockin The Knob Trail | Claysburg | PA | 9/17/2022 |
| Julie Shirley | Marathon | 4:57:55 | 0:11:22 | Chernisky Ghost Town | Ebensburg | PA | 10/1/2022 |
| Bitty Miller | Marathon | 4:58:12 | 0.0079 | Detroit Free Press Marathon | Detroit | MI | 10/16/2022 |
| Meghan Foulk | Marathon | 5:06:33 | 0:11:42 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Mary Jean Bujdos | Marathon | 5:15:51 | 0:12:03 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Aileen Bowman | Marathon | 5:30:30 | 0:12:37 | Kansas City Marathon | Kansas City | MO | 10/15/2022 |
| Don Slusser | Marathon | 5:43:17 | 0:13:06 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Stephanie Daniels | Marathon | 6:29:11 | 0:14:51 | Rockin The Knob Trail | Claysburg | PA | 9/17/2022 |
| Steve Pagano | Marathon | 7:03:27 | 0:16:10 | Rockin The Knob Trail | Claysburg | PA | 9/17/2022 |
| Carl Leer | Marathon | 7:03:31 | 0:16:10 | Rockin The Knob Trail | Claysburg | PA | 9/17/2022 |
| Joe Bujdos | Marathon | 7:08:40 | 0:16:22 | Pittsburgh Marathon | Pittsburgh | PA | 4/30/2022 |
| Dean Banko | 50K | 4:49:11 | 0:09:20 | Laurel Highlands Ultra 50K | Ohiopyle | PA | 6/11/2022 |
| Dean Banko | 50K | 5:02:22 | 0:09:45 | World's End 50K | Forksville | PA | 6/4/2022 |
| Julie Shirley | 50K | 6:06:57 | 0:11:50 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Stephanie Daniels | 50K | 6:07:34 | 0:11:51 | Laurel Highlands Ultra 50K | Ohiopyle | PA | 6/11/2022 |
| Sarah Kitchen | 50K | 6:47:52 | 0:13:09 | Ghost Town Trail Challenge | Black Lick | PA | 6/18/2022 |
| Amber Marsh | 50K | 6:56:37 | 0:13:26 | Laurel Highlands Ultra 50K | Ohiopyle | PA | 6/11/2022 |
| Carl Leer | 50K | 7:21:01 | 0:14:14 | Laurel Highlands Ultra 50K | Ohiopyle | PA | 6/11/2022 |
| Dean Banko | 34-Miler | 5:08:23 | 0:09:04 | On The Dam Trail 34-Miler | Hooversville | PA | 4/23/2022 |
| Candi Lockard | 34-Miler | 6:14:11 | 0:11:00 | On The Dam Trail 34-Miler | Hooversville | PA | 4/23/2022 |
| Ryan Knecht | 50 Miler | 11:34:50 | 0:13:54 | Glacier Ridge Ultra 50 Miler | Portersville | PA | 5/7/2022 |
| Stephanie Daniels | 50 Miler | 12:16:37 | 0:14:44 | Beast Of The East 50 Miler | Gastonia | NC | 12/10/2022 |
| Carl Leer | 50 Miler | 12:48:53 | 0:15:23 | Beast Of The East 50 Miler | Gastonia | NC | 12/10/2022 |
| Candi Lockard | 57.9 | 15:00:00 | 0:15:33 | PA Trail Jamboree 24 Hour | Newmanstown | PA | 8/7/2022 |
| Candi Lockard | 100K | 15:32:11 | 0:14:55 | Rabid Raccoon 100K | Hookstown | PA | 3/19/2022 |
| Dean Banko | ??? | 0:24:01 | | Rugged Maniac Obstacle | Mohoton | PA | 7/30/2022 |

| NAME | DISTANCE | TIME | PACE | RACE | CITY | STATE | DATE |
|-------------------------|-----------------|-------------|-------------|---------------------------|-------------|--------------|-------------|
| Dean Banko | ??? | 0:55:22 | | Rec & Resurgence Obstacle | Johnstown | PA | 7/16/2022 |
| Tad Pajak | Triathlon | 3:04:06 | | West Penn Triathlon | Saltsburg | PA | 10/8/2022 |
| Christie Orlosky | Relay | 4:49:07 | | Pittsburgh Marathon Relay | Pittsburgh | PA | 4/30/2022 |
| Jennifer Wally Blystone | Relay | 4:49:07 | | Pittsburgh Marathon Relay | Pittsburgh | PA | 4/30/2022 |
| Donna Zukas | Relay | 5:41:57 | | Pittsburgh Marathon Relay | Pittsburgh | PA | 4/30/2022 |
| Jess Sharbaugh | ??? | ?:?:?? | | Muddy Princess Obstacle | Pittsburgh | PA | 7/10/2022 |

Updated 12/26/22