

Mile Race Walk							
Female							
Masters Division:							
35-39	Beth	Buck	35	Spring Lk PK	MN	10:27.3h	12/21/2008
50-54	Anita	Macias-Howard	53	Edina	MN	09:56.0	1/20/2008
55-59	Anita	Macias-Howard	55	Edina	MN	10:30.2	12/20/2009
60-64	Barb	Spannaus	60	Shorewood	MN	12:05.7h	12/21/2008
Male							
Masters Division:							
35-39	Tom	Ruen	39	Col'bia Hgts	MN	11:01.7	1/20/2008
45-49	Steven	Gerber	45	Delano	MN	12:20.4	12/16/2007
50-54	Larry	McDonough	52	St Paul	MN	12:42.3	12/16/2007
55-59	Will	Loew-Blosser	55	Bloomington	MN	09:02.1	1/3/2010
60-64	Dave	Daubert	62	Watertown	MN	09:41.4	1/20/2008
65-69	Phil	Rogosheske	65	St Cloud	MN	09:15.9	1/3/2010
3000m Race Walk							
Female							
Open Division:							
	Katie	Burnett	20	Oskaloosa	IA	17:36.1	2/15/2009
Masters Division:							
35-39	Lauren	Hill	36	St Paul	MN	23:10.0	2/18/2006
50-54	Anita	Macias-Howard	53	Edina	MN	18:52.2	2/17/2008
55-59	Jeanne	DeMartino	55	Roseville	MN	20:23.0	2/17/2008
Male							
Masters Division:							
50-54	John	Tuthill	53	St Paul	MN	21:22.0	2/15/2009
55-59	Will	Loew-Blosser	55	Bloomington	MN	17:27.1	1/17/2010
60-64	Dave	Daubert	62	Watertown	MN	18:30.4	2/17/2008
65-69	Phil	Rogosheske	65	St Cloud	MN	17:53.2	1/17/2010