



Freihofer's Run for Women • Empire State Plaza, Albany, NY

Race Winners (30 runnings)

Date	Time	5K Champion	Time	USA 10 km Race Walk Championships
05 June '10	15:12	Emily Chebet (KEN)	46:39	Allen James, Sanborn, NY
			47:24	Teresa Vaill, Gainesville, FL
30 May '09	15:27	Teyba Erkesso (ETH)	42:56	Tim Seaman, Imperial Beach CA (nc)
			46:44	Teresa Vaill, Gainesville FL (nc)
31 May '08	15:46	Benita Johnson (AUS)	45:15	Matthew Boyles, Xenia OH (nc)
			47:50	Teresa Vaill, Gainesville FL (nc)
02 June '07	15:22	Benita Johnson (AUS)		
03 June '06	15:27	Benita Johnson (AUS)		
04 June '05	15:18*	Asmae Leghzaoui (MOR)		
05 June '04	15:26	Marla Runyan (OR/USA) (nc)		
31 May '03	15:25	Marla Runyan (OR/USA) (nc)		
01 Jun '02	15:27	Marla Runyan (OR/USA) (nc)		
02 Jun '01	15:47	Collette Liss (IN/USA) (nc)		
03 Jun '00	15:35	Libbie Hickman (CO/USA) (nc)		
05 Jun '99	15:31	Cheri Kenah (USA) (nc)		
30 May '98	15:46	Lynn Jennings-8 (nc)		
31 May '97	15:29	Elva Dryer (CO/USA) (nc)		
01 Jun '96	15:21x	Lynn Jennings-7 (nc)		
03 Jun '95	15:24*	Lynn Jennings-6 (nc)		
04 Jun '94	15:37	Lynn Jennings-5 (nc)		
05 Jun '93	15:35	Lynn Jennings-4 (nc)		
06 Jun '92	15:39	Carmen deOliveira (BRA)		
				10 km Championship
04 May '91	15:41	Judi St Hilaire-2	38:06	Nancy Egerton (NY/USA)
05 May '90	15:31	Lynn Jennings-3 (nc)	36:25	Lisa Polzinetti (PA/USA)
03 Jun '89	15:25	Judi St Hilaire (MA/USA) (nc)	37:04	Laura Lemena (AZ/USA)
28 May '88	17:16	Pamela Crandall (NH/USA)	32:39	Lynn Jennings-2 (nc)
16 May '87	17:16	Denise Herman (NY/USA)	32:19	Lynn Jennings (NH/USA) (nc)
17 May '86	17:22	Marisa Sutera (NY/USA)	32:13	Betty Jo Springs-3 (NC/USA) (nc)
18 May '85	17:39	Patty Nelson (NY/USA)	32:14 (TIE)	Francie Larrieu (TX,USA)/Betty Jo Springs (NC/USA)(nc)
08 Apr '84	18:06	Denise Herman (NY/USA)	32:51	Betty Jo Springs (NC/USA)(nc)
10 Apr '83	18:08	Mary Herlihy (MA/USA)	33:35	Regina Joyce (WA/USA) (nc)
04 Apr '82	18:30	Diana Richburg (NY/USA)	34:51	Jacqueline Gareau (CAN) (nc)
29 Mar '81	18:50	Diana Richburg (NY/USA)	34:25	Nancy Conz (MA/USA)

Notes:

- 1979 was the inaugural year.
- 1991 was the last year the 10K was contested!
- “x” The 1996 course was validated at 4990.6 meters (short).
- (nc) => national championship
(14 - 5k national championships, 9 - 10k national championships, 2 Race Walk national championships) 25 nc.
- Judi St Hilaire was the 1983 champion (33:43, 2nd place)
- Kathy Boyle was the 1982 champion (36:38, 2nd place)
- * Course record