



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

## Race Winners

Date	Time	5K Champion	Time	
31 May '14	15:21	Lucy Wangui Kabuu (KEN)		
01 June '13	15:26	Emily Chebet (KEN)		
02 June '12	15:19	Mamitu Daska (ETH)		
04 June '11	15:19	Mamitu Daska (ETH)		
05 June '10	15:12*	Emily Chebet (KEN)		
30 May '09	15:27	Teyba Erkesso (ETH)		
31 May '08	15:46	Benita Johnson (AUS)		
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)		
<b>10 K CHAMPIONSHIP</b>				
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 April '83	18:02	Mary Herlihy (MA/USA)	33:25	Regina Joyce (Ireland)
04 April '82	18:30	Diana Richburg (NY/USA)	34:50	Jacqueline Gareau (Canada)
'81	18:50	Diana Richburg (NY/USA)	34:59	Nancy Conz (NC/USA)
'80	17:35	Martha Swatt (NY/USA)	33:22	Dana Slater (NY/USA)
'79	17:30	Martha Swatt (NY/USA)	34:26	Karin Von Burg (VT/USA)

**NOTES** 1979 was the inaugural year | 1991 was the last year the 10K was contested | \* Course record | "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)